

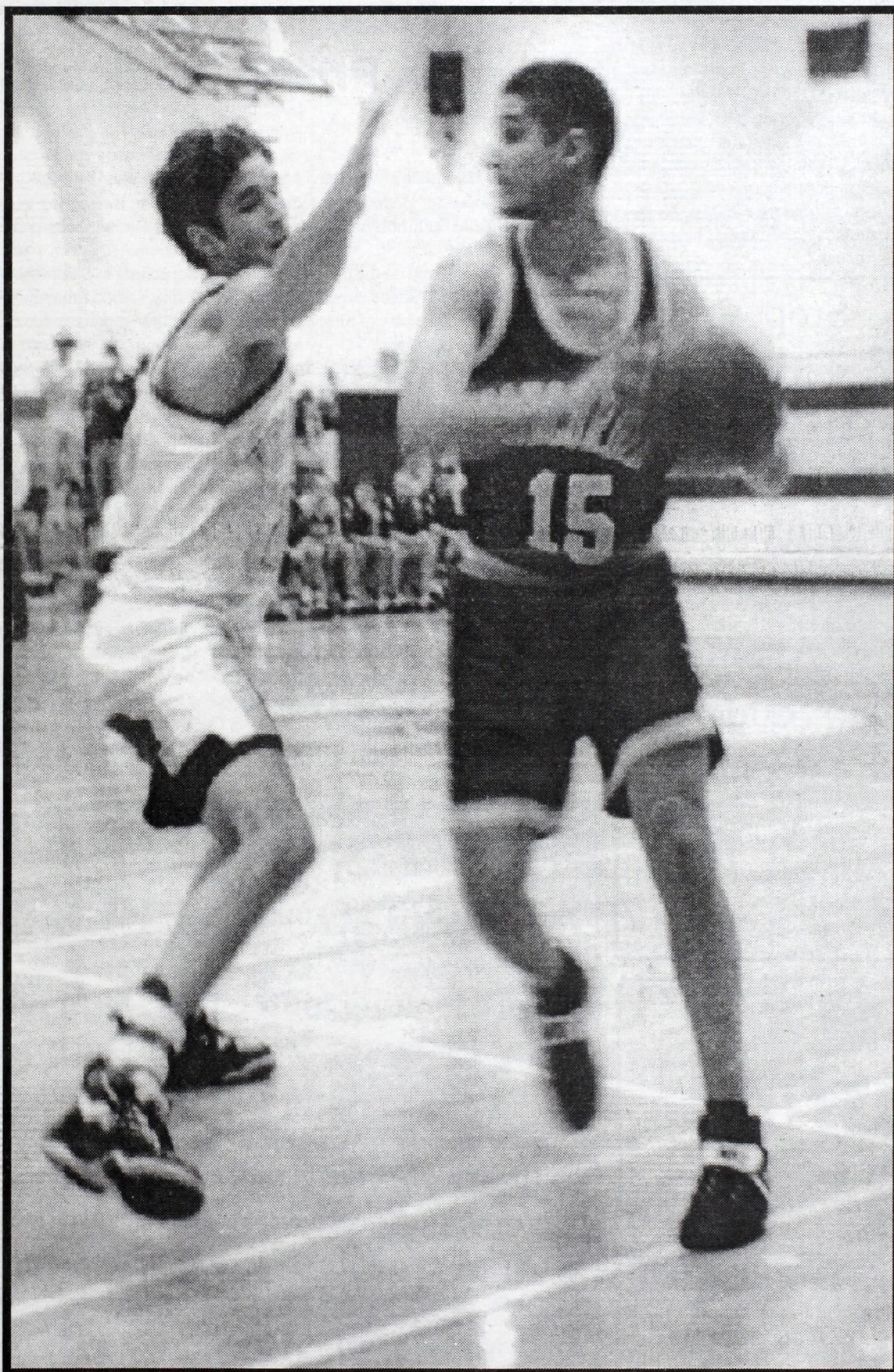
Lambda

Laurentian University's Student Newspaper
Le journal des étudiant(e)s de l'Université Laurentienne
Volume 35 - Issue 15 / Numéro 15

In North America, on average,
a person eats 17 spiders in
their sleep in one year.

- Actual Statistic

L.U. VEEES



3RD IN THE COUNTRY

RUNNING AFTER BALLS SINCE 1961

Grad Students Consider Autonomy

by Hannah Scissons
The Carillon (cup)

The Graduate Students' Association is considering becoming autonomous from the Student's Union, but concerns were raised at their general meeting that autonomy should be examined further before they go ahead.

Marlene Brooks, President of the Grad Students' Association (GSA), and the GSA executive presented a rationale at the general meeting for becoming autonomous, hoping there would be a vote to go to a referendum in the issue. Instead, the grad students in attendance raised their concerns and passed a motion to further consider autonomy before moving to a referendum.

"We need to have a stronger voice," said Brooks.

A major concern Brooks had was the exclusion of the University of Regina's GSA from consultations about the MacKay report released in September. The MacKay report described how the universities must cut costs, and Brooks was concerned that graduate students did not have enough input into the process.

The GSA is classified as a "club" in URSU, which is another reason the executive would like to be autonomous from the larger body, said Brooks.

"It's a body of students, not a little club," Susan MacKay, GSA Treasurer, said. Brooks said at the meeting she was concerned that graduate students' issues are not being represented by the Students' Union. She wrote on her rationale: "Within our university environment, URSU has tried to represent both undergraduate and graduate concerns; understandably, the undergraduate position has been predominant."

At the meeting, Brooks brought up concerns that graduate students are being poorly represented in university administration. There is presently only one student seat on the Board of Governors, which is held by the president of the Students' Union, Dave Beros. Brooks hoped to be able to push for a graduate student seat on the Board of Governors if the GSA was a separate body.

Beros agreed with Brooks that graduate students should have more representation, but thought she was moving too fast. "I think it's a very

premature decision of theirs," said Beros.

Beros agreed, though, that graduate representation on the Board of Governors is a valid concern. He said he has been talking with Cory Exner, the University of Saskatchewan Students' Union President, about the issue of representation.

Marjorie Brown, Chairperson of the Saskatchewan Chapter of the Canadian Federation of Students (CFS) raised the concern at the meeting that the University Act would

have to be changed in order to add another student seat to the Board of Governors.

"I'm sorry, but I don't think it would be possible," said Brown. Brooks responded that at least if the GSA was a separate body, it would be able to effectively point out to the administration that graduate students do not have a voice.

"We'd have more of a position to say we don't have representation," said Brooks.

Prisoner with AIDS Slams Prison Medical Care

by Melinda Skeets
The Marlet (CUP)

Karl Dimitrov, an inmate at Vancouver Island Correction Centre who has had full blown AIDS since April, says he not receiving adequate medical attention in prison where he is awaiting trial for crimes he says he didn't commit. "There's no medical help here at all. They don't care," says Dimitrov about the staff at the Vancouver Island Regional Correction Centre.

While being interviewed on the phone by CFUV radio, guards told Dimitrov to get off the phone so that they could take him to the Royal Jubilee Hospital. "He's really sick," said Dimitrov's wife Maugaretta. "I'd like to take him back home and just take care of him, but I can't because this system we have is just not justice. He's really sick, and he doesn't need to be there."

In an affidavit presented to the B.C. Supreme Court, Dimitrov said "the jail environment is extremely detrimental to my health and endangers my life."

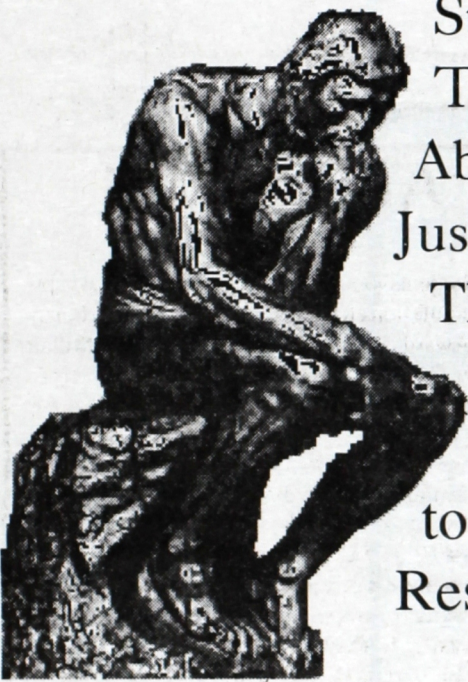
Bert Phipps, director at Vancouver Island Regional Correction Centre, said that while privacy issues prevent him from discussing Dimitrov's medical care specifically, the institution is accustomed to treating people with compromised immune systems. "I'm satisfied that there is an adequate level of health care here," said Phipps. He added that the facility provides nursing staff seven days a week and that the doctor from the community makes regular visits to the prison.

Dimitrov is in prison awaiting trial for two counts of assault, threat to cause bodily harm and mischief. The charges stem from an Oct. 10 altercation between Dimitrov and Robert Baron, his downstairs neighbor's boyfriend. Dimitrov says he was only defending his wife who had been attacked by Baron.

Phipps said that while thousands of people are currently awaiting trial on Vancouver Island only 91 of them have been remanded to custody at the maximum security prison. Visits to outside medical facilities are not taken lightly, as the prisoners have to go under armed escort.

Dimitrov says that in addition to being innocent, that he was the victim of police violence at the time of his arrest and that he being unreasonably held. He says that being in prison has placed him under enormous stress and that for someone in his condition every day in prison is like a week.

"All I ask is to die with dignity and enjoy what's left of my life, and now that's even being denied me."



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ATTENTION CAREER DIPLOMATS

We are looking for a Chief Returning Officer (CRO), as per by-law 15.07 in the SGA Constitution and By-Laws, for our upcoming elections. The successful candidate will be responsible for the successful and efficient completion of the election. Interested parties should leave a letter of intent with the Office Co-ordinator at the SGA. The nominal period will last for a period of two weeks beginning on **January 8, 1997** and ending at **4:00pm on January 22nd, 1997**. Candidate speeches and voting will take place at the SGA Board Meeting on **January 22, 1997**.

Do not miss this unique opportunity to immerse yourself in the weird and wonderful world of student politics.

Capital Campaign Launched

by Norm Shields
Staff Writer

Laurentian University launched the "internal component" of its capital campaign, under development for the past year, here last Wednesday. The campaign, under the theme "Coming of Age: Building Laurentian's Future", is aimed at raising \$10M over the next five years. The internal component seeks donations and/or volunteers from the campus community - the larger campaign is slated to begin later this year.

The campaign organizers hope to raise at least \$1M in pledges by March 31st, the deadline for the provincially-sponsored Ontario Student Opportunity Trust Fund (OSOTF). Donors have two years to meet their pledges, but to capitalize on the provincial "dollar-matching" scheme, pledges must be directed to Laurentian's Student Accessibility Fund (for bursaries).

Donors may also choose to donate specifically to the creation of a research chair in the Humanities and in support of Franco-Ontarian Studies, to the development of knowledge-based industries in the north (which includes the continuance of the "greening" Sudbury movement, as well as Mining, Health and Forensic research), and to the improvement of Laurentian's computer technology - though none of these are eligible for OSOTF. Employees of the University, like Dr. Paul, may pay their pledges through payroll deduction.

To celebrate the launch of the campaign, a small reception was

held in the foyer of the J.N. Desmarais library, where Dr. Paul and Mr. Doug Los (alumni) each declared that they had pledged to the campaign their largest personal contributions ever. The three co-chairs of the campaign, Dr. David Pearson from Earth Sciences (and television), Ms. Joscelyne Meilleur-Seguin from StudentLife, and Ms. Joyce Garnett, Director of the Library, each made their own contributions to the campaign in closing the ceremonies.

According to Dr. Pearson, the campaign has already received in excess of \$115,000 in pledges, though what percentage of this amount has been directed towards the Student Accessibility Fund, he could not say. Dr. Pearson has experience at this type of endeavour, having been involved in a past fund-raising campaign at Science North. He does not expect the campaign "to be easy", but it seems for Dr. Pearson the sense of accomplishment at the end of a fund-raising campaign is sufficient reward for the hard work organizers will have to endure.

Communication technology, which would allow students better access to the Internet, is the primary objective of the "learning technology" component of the campaign, according to Dr. Pearson, who hopes that the Internet will become "not just a toy at home, but [also] a learning tool in the classroom".

Laurentian has enlisted the services of Copper Cliff native Mr. Gordon Gray, CEO of Rio Algom, to be chair of the campaign. Mr. Gray expressed his faith in Laurentian as an institution of higher learning, while reminding observers that Laurentian injects \$100M annually to the local economy. The Director of the campaign is Ross A. Clark, who may be reached on campus at (705) 675-1151, ext. 3447.

Employment

The new year brings new job opportunities. A new partnership between Industry Canada, members of the Canadian technology industry, and post-secondary institutions has been made to develop the **Student Connection Program**. Students will be employed as **Business Advisors** to train managers in small and medium size businesses in entry level training sessions to show them how the Internet and Canada On-Line services can be beneficial to their companies in solving day-to-day business issues.

There are 60 positions available in the immediate area. Training will be provided. Sessions will run from January to April and also over the summer. Students can apply to work for one, the other, or both sessions. The salary is \$8.21/hour.

Successful candidates will be selected based upon criteria such as business skill, technical knowledge, and communication ability. Preference will be given to upper year students.

To apply send your résumé and cover letter to PJPERREAULT@ACADEME.BOREALC.ON.CA or send ONLY the CACEE Application Form (available at the Placement Centre) to: Pierre Perreault, Officer, Student Connection, Career Services, Collège Boréal, 21 Lasalle Boulevard, Sudbury, ON P3A 6B1

Closing Date for Applications is January 23rd 1997, 4pm.

For more information please contact the Placement Centre or visit the Student Connection Program Web Site at <http://www.accc.ca>

Good Luck

Charles Fink
Student Assistant
Placement Centre
s5000022@nickel.laurentian.ca

NSA Upcoming Events

by Julie Renaud
NSA President

I would like to take this opportunity to wish everyone a Happy New Year and to share with you the upcoming events of the Native Student Association. The NSA is planning several events for the second term. As part of Carny Week, the NSA will be running an event on January 25 in the VIP Square. There will be a Rock n' Glow bowling night on February 8. We will be holding a Valentine's Day dance on February 14. The NSA Year End Banquet will be held on March 27. The NSA will once again be holding a Year-End Pow-Wow: "Honoring Our Graduates" in May. We are currently working with the Robinson-Huron Treaty Planning Committee to hold a Concert Series in June

marking National Indian Solidarity Day.

As many of you may already be aware of, there has been an ongoing effort on the part of the NSA to become an autonomous body within Laurentian. There will be a potluck dinner and meeting on January 23 to discuss NSA Autonomy. The NSA executive and representatives will share information they have gathered. We need input from all the students because the decision-making must be a group effort. We are striving to create change within Laurentian to enhance the university environment for present and future First Nation students, as well as those students who share the objectives of the Native Student Association. This meeting will be held from 11:30 a.m. to 4:30 p.m. in the Canisius Hall at the University of Sudbury. If you are unable to attend this meeting, but would like more information, please contact us at the number listed below.

Our General Membership Meetings/Potlucks are held on the last Monday of every month from 5:00 p.m. to 7:00 p.m., in Room 003 at the University of Sudbury. Everyone is welcome! It's not too late to become a member. Many NSA events are posted throughout the campus. However, other announcements (job postings, committee meetings, N'Swakamok Friendship Centre events, Native Students Services Activities, etc.) are posted in our office/lounge in Room 003 of the University of Sudbury. So, feel free to drop by.

I would also like to take this opportunity to thank students, staff, faculty and friends who have contributed in some way to the spirit of the Native Student Association. Gchimiigwech. If you have any questions or concerns, or for more information on any of the above events/meetings, you can call Julie at 523-0764 or Donna at 673-7060. Hope to see you on January 23!

Model Parliament This Saturday

The 1997 L.U. Model Parliament will be held this Saturday (Jan. 18) from 9 am to 7 PM in the Great Hall. L.U. students and staff and members of the general public are cordially invited to attend.

The Liberals will form a minority government, with the NDP and the official opposition. The PCs, Reform, and Bloc Quebecois will also be represented, as determined by the campus-wide election held last November.

President Ross Paul will serve as the Governor General and read the Speech from the Throne, and the Liberals will also introduce a budget. Floyd Laughren M.P.P. has kindly agreed to serve as speaker. Each party will introduce one bill: the Liberals on assisted suicide, the NDP on corporate taxation, the PCs on law and order, Reform on recalling members of parliament, and the BQ on more power for Quebec. Many lively debates on these issues are anticipated.

The day-long session will end with an awards banquet.

ATTENTION

The Students' General Association is now accepting submissions for the Terri MacMillan Scholarship Award. In conjunction with the MacMillan family the SGA established an award in Terri's memory. Terri MacMillan was a Vice President for the SGA in 1991-1992 who was fatally injured in a automobile crash two weeks before her twenty-fifth birthday. The following criteria has been established for the award:

1. must be an SGA member;
2. must have a minimum 60% average;
3. must have completed one year at Laurentian University, Sudbury;
4. must demonstrate above-average involvement in extra-curricular activities; and
5. must not be in receipt of any other major award.

Submissions should be made in the form of a five hundred word essay and directed to the Terri MacMillan Award, by January 27th by 4:00 pm.

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Canada's top companies are on the prowl for talented students and graduates, and they're looking for them in the National Graduate Register.

The National Graduate Register is an electronic employment database which provides post secondary students and recent graduates with free access to the Canadian employer community. Visit the web site, fill out your résumé and let the employers search for you. You can update your file anytime, on-line.

<http://ngr.schoolnet.ca>

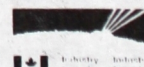
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Or please see your placement office for further information



SPACE FOR RANT

Liberty City Promotions Inc. Launches On-Line Directory Of Graduate Schools

Liberty City Promotions, Inc., a collegiate marketing firm based in Aston Pennsylvania announced the official launch of GRADSCHOOLS.COM. on January 3, 1997. Liberty City touts the new service as the most comprehensive source of on-line graduate school information. The web site debuted with listings for 12,000 individual graduate programs offered by more than 2,000 institutes world-wide.

GRADSCHOOLS.COM. provides a one-stop source for post-baccalaureate degree program information on the world-wide web. Potential students can search from more than 100 curriculum categories ranging from Accounting to Zoology. Each category contains listings of institutions from around the world which offer programs in that field. It also provides free listings for academic institutions. Each free listing contains a brief and contact information for the program. The free listings are what make the service a comprehensive information source.

In addition to the free listings, GRADSCHOOLS.COM. allows the institutions to purchase links to their own web sites and banner advertising on the system. The system will be supported through advertising from schools and related services such as test prep services. This is available free of charge to the user.

"GRADSCHOOLS.COM. is a user friendly, comprehensive source of information," according to Mark Shay, president of Liberty City Promotions. "We have created a simple yet incredibly powerful directory which simplifies the search process. When Internet users try to find graduate school information using popular web search sites, they get back a great deal of unorganized, often irrelevant clutter. Our purpose is to provide all of the information a prospective student needs in a useful format." Shay said "We cut right to the point. Our service is easy to find, simple to use, always open, always free and full of useful information."

GRADSCHOOLS.COM. is modeled after studyabroad.com (<http://www.studyabroad.com/>), Liberty City's successful international education web site. Studyabroad.com. has been in operation for 18 months and provides information to an average of 7,000 users each week.

To reach GRADSCHOOLS.COM. dial <http://www.gradschools.com/>

L.U. Women's Centre Day Without Discrimination II Free Workshop

On Friday January 31, 1997 the L.U. Women's Centre would like to invite you to attend a free NCBI (National Coalition Building Institute) workshop. NCBI will present a unique "participatory and experiential training through which an innovative program dealing with issues of race, ethnicity, religion, sexual orientation, age, class and gender related prejudice will be presented. The main focus of this work is that all groups count and all groups must be part of ending discrimination."

All students, staff and faculty are invited to participate in this workshop. However, we encourage you to pre-register because space is limited! For further information and/or to pre-register, please contact Melanie Robitaille or Melanie Arcand at 675-1151 (1089).

INORD Graduate Research Grants

The Institute of Northern Ontario Research and Development (INORD) is pleased to announce the INORD Graduate Research Grants, for part-time and full-time graduate students enrolled at Laurentian University and engaged in social scientific research focused on Northern Ontario. Projects must be consistent with INORD's mandate to be eligible. The grants will be given in support of research related to the student's graduate thesis or major research project, with priority being given to research that is consistent with SSHRC's mandate, namely research "on economic, political, social and cultural dimensions of human activity."

Funding Limits

A maximum of \$2,000 per student will be allocated, with a total allocation this year of \$8,000. In any year the total allocation may not be awarded.

Application

INORD Graduate research grants will be considered based on project quality, researcher need, and appropriate focus. Purchase of equipment is not eligible. Graduate students will submit to INORD a copy of their thesis or project proposal once it is approved by the department and supervisor, along with appropriate documents verifying this approval (letter from the department chair and a letter by the supervisor or another committee member, where the chair and supervisor are the same person). The application must also give a detailed budget and research schedule.

Funding will be on a one-time basis and is intended to assist the student with the completion of her or his research. Students are encouraged to seek other sources of funds as well.

All successful applicants who are doing research involving human subjects will be required to follow the guidelines of the Laurentian University Ethics Committee and the "Ethical Principles for the Conduct of Research in the North" (ACUNS Occasional Publication, October 7, 1982). All publications, including the thesis or research project, must acknowledge INORD's contribution. The student agrees to notify INORD's director when she or he has successfully defended the thesis or completed the research project.

The Director of INORD will retain signing authority for all grants provided under this competition.

Deadline

To be considered for this grant, students must submit all documents to the INORD Office, Room A312, by 4:00pm on **February 3, 1997.**

Subventions de recherche en études supérieures de l'INORD

L'Institut nord-Ontarien de recherche et de développement (INORD) est fier d'annoncer des subventions de recherche à l'intention des étudiants et des étudiants inscrits soit à plein temps soit à temps partiel en études supérieures à l'Université Laurentienne et qui font des recherches en sciences humaines sur le Nord de l'Ontario. Les projets doivent correspondre au mandat de l'INORD. Les subventions soutiendront la recherche de thèse ou de mémoire principal. La préférence sera accordée aux projets qui satisfont les critères du CRSH, c'est-à-dire, qui portent "sur les dimensions économique, politique, sociale et culturelle de l'activité humaine."

Fonds alloués

Un maximum de 2000\$ par étudiante ou étudiant sera alloué, avec une somme totale de 8000\$ disponible pour cette année. La somme totale disponible ne sera pas nécessairement attribuée.

Soumission des demandes

L'INORD accorde ses subventions de recherche en études supérieures en se basant sur la qualité du projet, sa pertinence, et les besoins du chercheur. L'achat d'équipement ne sera pas permis. Les étudiant(e)s des études supérieures soumettront à l'INORD un exemplaire du plan de recherche pour la thèse ou le mémoire après que le département et le directeur de thèse l'aient approuvé, avec les documents qui vérifient cette approbation (lettre du chef de département et lettre du directeur de thèse ou d'un autre membre du comité, dans le cas où le chef est le directeur). La demande doit aussi comprendre un budget détaillé et un échéancier de recherche.

La subvention sera accordée à un étudiant(e) une seule fois et devra l'aider à compléter la recherche. Les étudiant(e)s sont encouragés à solliciter des fonds d'autres organismes.

Tout projet faisant appel à des sujets humains devra respecter les directives du Comité d'évaluation déontologique de l'Université Laurentienne, ainsi que les "Principes d'éthique pour la conduite de la recherche dans le Nord" (publication occasionnelle de l'AUCEN, 7, 1982). Toute publication, y compris la thèse ou le mémoire, doit reconnaître la contribution de l'INORD. L'étudiant(e) s'engage à aviser la directrice de l'INORD du succès de la soutenance de thèse ou de la conclusion de la recherche pour le mémoire.

La directrice de l'INORD approuve les dépenses des subventions accordées dans le cadre de ce concours.

Date limite

Pour que leur demande de subvention soit prise en considération, les candidats doivent soumettre tous les documents au bureau de l'INORD, salle A-312, avant 16h le **3 février 1997.**

Lambda Staff

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General Meetings: Fri. at 2:00 pm

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Asst Features Editor: open

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Write to us but remember...

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Lambda circulates 3,300 copies throughout the city of Sudbury and the Laurentian University Campus. We thank the following for permitting us to circulate our paper at their establishments: Vesta Pasta Cafe, Black Cat, The Towne House, East Side Marios, This Ain't The Only Café, Ralph's.

All submissions become the property of Lambda Publications and will thus be subject to editing. Letters submitted must bear the author's full name and telephone number. Names will be withheld upon request. Letters must not be longer than 250 words. Lambda reserves the right to edit for content considered sexist, racist, homophobic, heterosexual or for length.

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Get In The Ring

by Bryson McCarthy
Columnist

My problem this week centers in on a few certain people out there in my classes. I don't know how many of you out there have people like this in any of your classes, but I do.

The first people I am referring to are those couples who, for some strange reason, cannot get enough of each other that they must touch, molest, and caress each other in class. Is learning that big of a turn on? All of us are paying to be here and to learn. While I am sitting in class, I do not need to see two people in front of me, in either the Frasier Auditorium or in a classroom, fondling each other like the world may end anytime, and you just have to be touching each other when it does. It makes me sick! Maybe it has something to do with osmosis. Maybe they can learn twice the infor-

mation by transferring it to each other through a touch or stroke.

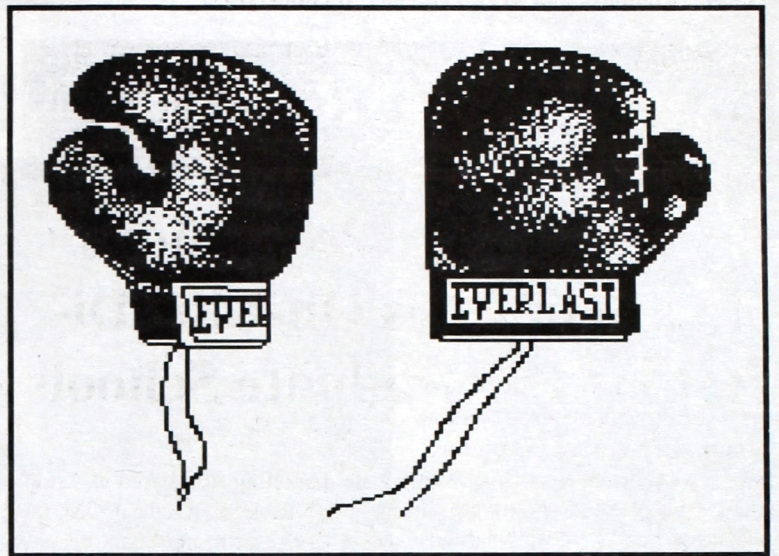
Now I'm all for public signs of affection. I do kiss and hold hands with my girlfriend outside of the house, but when I have had classes with her, I have never had the urge to start playing touchy feely because learning is such a turn on. Think of the people around you trying to learn. They are not thinking "Oh, what a wonderful, loving couple!" They are thinking "Get a fucking room!" It cost you thousands of dollars to come here, maybe you should have saved the money and used it to get a private tutor to teach you in a hotel room where you can just do it whenever the teaching makes you so hot that you can't control yourselves.

Obviously you spend too much time together if you have classes together and a relationship outside of school. I just don't understand the need to do this in front of everyone. Save all this energy for the bedroom, or the back of a car in the pit. I don't care where, just not in front of me. I

don't need to know how much you love or lust after your mate and neither does your professor. How would you like it if you were talking in front of an audience and all you could see was this one couple who is obviously not paying attention to you because they are groping and stroking each other? I think you would find it very insulting that they would do this in front of you. Sure this is a free country, but it is also free for those of us who don't need to see you attacking each other in public. The classroom is for learning, so please before someone either throws up, or just hits you, keep your hands to yourself!

The second problem I have are people who smell. I'm not just talking about a little odor now and then, I'm talking about a full blown chemical warfare smell that makes children and small animals die at your feet. Do you even know that you smell this bad or has the smell burned out the part of your brain that registers smell?

I don't feel I am being unusu-



ally cruel, I am just stating the fact that most people can not stand to be around someone who smells this bad. I used to sit by one such person in one of my classes, and now, no matter where I sit, I am still repulsed. I can smell this guy from one end of the Bowling Alley to the other. Sure its natural for humans to have certain odors, but there is an invention called deodorant. It was made, probably by someone as fed up as I am, to control the natural scents of humans.

I am just wondering if you

were taught how to wash yourself properly by your parents? I can't believe they would ever let you out of the house smelling like that. This goes for all ages too. You should know who you are out there, most people are probably holding their breath when talking to you. Hello! Get the hint? Please, either shower once in a while or buy some deodorant. Its a repulsive smell and no one appreciates having to suffer through it.

This column is based on questions or suggestions received by staff members of the Desmarais Library either personally or on the "Compliments / Questions / Suggestions" form that may be filled out near the exit of the library.

Question: The Library closes too early: 5:00 p.m. Sundays, 7:30 p.m. Thursdays. Accessibility is limited.

Answer: You are right - and finally the Amiable Librarian can report some good news.

Beginning this month, the library has extended its hours from 7:30 p.m. to 10:00 p.m. on Thursday nights, and from 5:00 p.m. to 7:00 p.m. on Sundays. How is this possible, you ask?

The answer is one of our staffers has taken an unpaid leave of absence and the university is graciously allowing us to use her salary to hire folks to keep the place open longer.

Question: If the library is suffering from budget cutbacks, why is it using expensive parchment paper in its compliment book? What is your priority?

Answer: Shrewd observation. The paper in the compliment book is left over from last year, and staffers figured it was better to recycle it this year rather than to use cheaper paper in keeping with the library's new

The Amiable Librarian

budget realities.

Question: I was supposed to take library workshops last fall, but I was too late. Is there any hope for me?

Answer: Yes indeed. A new schedule of workshops has been published which will see workshops offered from the first week of January until Valentine's day. Pick up your schedule at the bust of Mr. Desmarais at the entrance of the library—and sign up for the ones you need in the binders nearby.

Question: It is quite unfair that graduate study rooms are not made available to all students. We all pay excessive tuition and as such-- we should all have "equal"

access to these rooms. Some areas in the library are often noisy and these rooms are quite often vacant. Yes, graduate students should have priority but when not in use, other students should have access.

Answer: Graduate study rooms are monitored on a weekly basis, and they are all being used, albeit not all the time and there is a long waiting list for these rooms by graduate students. That said, if you would be willing to vacate a room that was not being used if a graduate student needed it, you may see Ms. Lise Segon, the Circulation Supervisor, ext. 3336 to make the necessary arrangements.

Question: The Theatre of

the Absurd by Martin Esslin has supposedly been "In Repair" since January 1996. Why are you so slow fixing it? Also, I have been looking for *Endgame* by Samuel Beckett and have discovered that it has been missing in the library since 1994. Why has it not been replaced or removed from the catalogue?

Answer: Due to a vacancy in the library position, now filled, some items have remained in the catalogue with the incorrect status. The library is now implementing a new policy where "In Repair" or "Lost" items will be dealt with and their status resolved on a weekly basis. "Lost items" will either be replaced, in which case their status will change to "On Order", or they will be removed altogether from the catalogue.

Volunteering — The Road Increasingly Traveled

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Skills are now the focus of any employment search. In today's competitive labour market it seems harder to develop marketable skills and gain experience; however, upon closer examination, there are many opportunities - one of which is volunteering.

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Career Exploration

Volunteering affords an opportunity to investigate a career area and to discover the skills necessary for success in that field. It is a chance to answer some of your personal questions pertaining to what you want to do in the future. It is a hands-on approach to self assessment.

Develop and Cultivate

80%-90% of all work opportunities are never advertised (McDonough, Career Options). It is important that you are in at the right place at the right time or have a contact who can alert you to openings before they are advertised. You have a better opportunity when employment opportunities arise because you have been marketing and training yourself with the organization already.

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by jason bingham
features editor

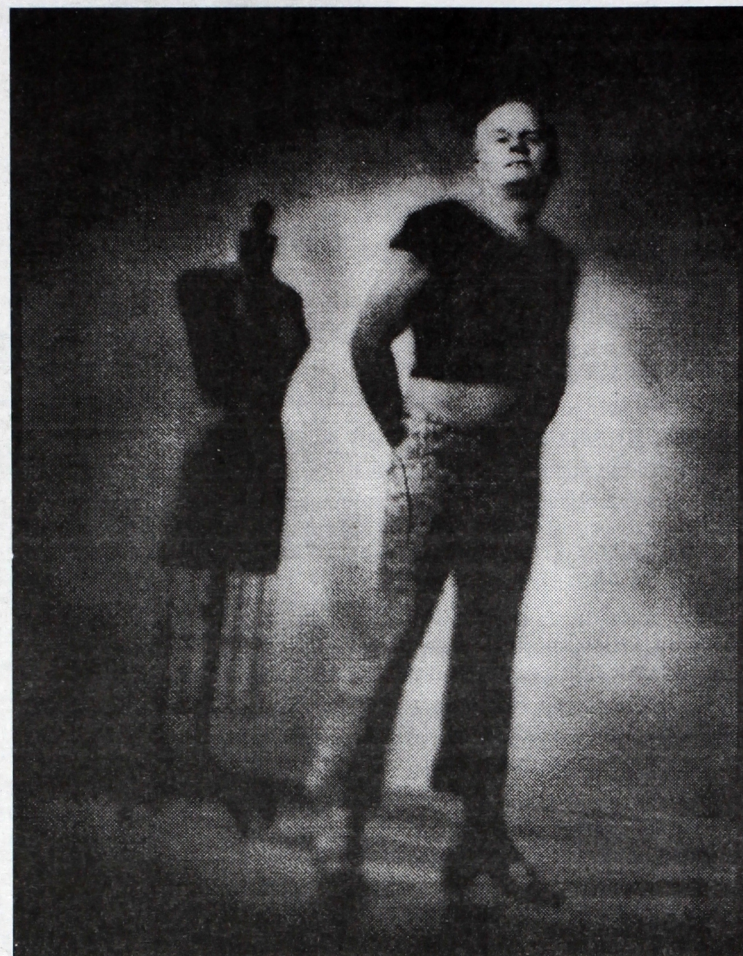
Dieting for dummies

According to Elizabeth Somer, M.A., R.D. new research shows that the fad dieting could make you dumb. In a study conducted by Michael Green, Ph.D., senior research psychologist, and colleagues at Institute of Food Research in England, 55 women between the ages of 18 and 40 years (all of whom were on low calorie diets) were shown a continuous stream of single numbers on a computer screen and asked to press a response button whenever they detected a sequence of three odd or three even numbers. Not only did the dieters process information more slowly, but they also took longer to react and had more trouble remembering the sequence than their non dieting counterparts did. The slow group included dieters who had not lost weight, as well as women and men who were not officially dieting but were overly restricting their food intake.

Green's subsequent studies showed that restrictive dieting (when subjects ate 70% of their required caloric intake, the equivalent of a 135 pound woman cutting her daily intake to under 1200 calories) reduced concentration, reasoning and flexibility of thought as early as 48 hours from when the dieting began.

Evidence that dieting can impair mental function dates back to a 1950 study at the University of Minnesota that evaluated men who volunteered to eat approximately one half of their normal food intakes.

After six months, the men had lost approximately 25% of their original body weights. But as well as being thinner, they were also more irritable, anxious and lethargic, and they showed increased signs of depression, fatigue, insomnia, impaired



judgement, inability to concentrate, poor memory and agitation. Today, many of these symptoms have been noticed on women who have eating disorders or who go on fad diets.

"Common sense tells us that any drastic reduction in calories will cut off the brain's main fuel supply".

The culprits are probably a combination of mental and physical factors, says Janet Polivy, Ph.D. professor of psychology at the University of Toronto and co-author of *Breaking the Diet Habit*. From a mental standpoint, not only are the thoughts and attention of dieters more

focused on the environment (food, and eating) but at the same time, those food cues, such as the smell of cinnamon rolls, a vending machine at work or driving by the ice cream parlor, are likely to influence dieters thoughts. Green adds that his studies repeatedly show that dieters are so preoccupied with the desire to eat, combined with more enduring concerns about body shape and weight, that they are unable to devote sufficient "mental space," to perform mental tasks to the best of their ability. Starved nerves, in turn, may relay messages halfheartedly, causing thinking and emotions to be blunted. In addition, restricting car-

bohydrates and calories upsets the production of nerve chemicals, such as serotonin, which regulate both appetite and mood. Depriving the body of ample carbohydrates is associated with a drop in serotonin, which leaves a person feeling depressed and irritable, according to research conducted by Judith Wurtman, Ph.D., research scientist at the university of Massachusetts Institute Technology in Cambridge.

In addition, cutting back on calories can deprive women of the essential vitamins and minerals required for maximum brain power. Most women are hard pressed to meet their vitamin and mineral needs even when they're eating a balanced diet of sufficient calories. Cut back

to fewer than 1200 calories and women will have an extremely hard time meeting the proper vitamin and mineral requirements. Fatigue and impaired mental ability are just a few psychological and emotional symptoms that may result from a diet that is too low in "Brain food": B vitamins, vitamin C, iron, magnesium and zinc.

The dumbing effect of dieting is only associated with quick fix diets and drastic calorie restrictions, not with gradual weight loss programs that combine regular exercise with their weight loss program.

"Weight loss in a slow, steady fashion (about 2 pounds per week) will lead to a more permanent weight reduction and also will be less likely to lead to feeling of frustration and anxiety", says Green.

11 ways to kick the diet mentally

by Jason Bingham
features editor

1. Recognize that diets don't work. Dieting encourages weight obsession, poor self esteem, poor self image, unbalanced eating habits, poor nutrition and a disorderly lifestyle. To truly understand that diets don't work, ponder the following questions: How many times have you dieted? are you heavier today than before you started dieting?

2. Throw away the scales. Calories of fat gram counters, or anything that perpetuates the preoccupation with dieting, instead, focus on rebuilding your health.

3. Tune in to your natural hunger signals. Give yourself permission to eat whatever you want, as long as you are physically hungry. Then, eat slowly and only until you are comfortably full. Listen to your body's cues. Don't deny yourself, but ask yourself before eating, "Am I eating because I am hungry or because it's there?" Expect to feel hungry again in 3 to 4 hours.

4. Celebrate the act of eating and savour your food without feeling guilty. Extract enjoyment and pleasure from your food. experience the different taste sensations, textures and aromas. You will actually be satisfied with less.

5. Throw out the perfectionist, "all or nothing" thinking. Stop labelling foods "good or bad"; diets as something you are "on" or "off".

6. Use fat sparingly. Eat a little butter with your bread, not vice versa. Tailor your tastes to slide smoothly into healthier eating instead of trying to go "cold Turkey" on fat. Get used to the differences little changes make as you decrease the fat content of your meals one step at a time.

7. Exercise for energy not to exhaustion. Feel comfortable with the way it moves. Think of exercise as play time. Instead of using it as an add-on at the end of your day, build into your lifestyle in natural ways: replace your coffee break with a walk in the park, take the steps instead of the elevator, use a broom instead of a vacuum cleaner. etc.

8. Eat regularly, starting with breakfast, small, frequent meals help you avoid feeling ravenous and overeating and are also beneficial to your health and your waistline.

9. Don't beat yourself up or give up if you pig out. Use setbacks as a learning experience, a chance to learn more about yourself as you progress toward health

10. Make changes gradually. Ask yourself, "How do I want to feel a year from now?" then make small changes each week toward that goal.

11. Feed the right physical hunger. Once food ceases to be the center of your world or something you turn to as a comforter, you'll find yourself naturally eating to satisfy physical hunger—not to fill an emotional void.

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METHODS FOR VOLUNTARY WEIGHT LOSS AND CONTROL

National Institutes of Health, Office of Medical Applications of Research, Technology Assessment Conference Statement

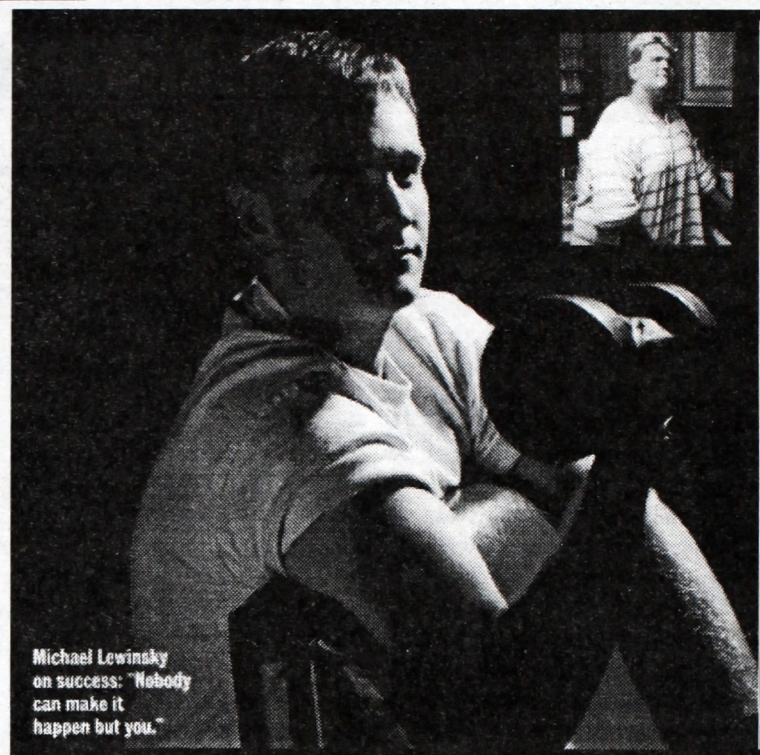
Who Is Trying To Lose Weight?

The frequency and nature of weight loss efforts in the U.S. population were estimated from participant self-reports in four recent Federal surveys of health practices. Data from these surveys indicate that 33 percent to 40 percent of adult women and 20 percent to 24 percent of men are currently trying to lose weight, with an additional 28

percent of each group trying to maintain weight. Among women and men trying to lose weight, the reported time on a weight loss regimen in the past year averaged 6.4 and 5.8 months, respectively, and the number of attempts to lose weight in the past 2 years averaged 2.5 and 2.0 attempts, respectively. Weight loss efforts were not restricted to persons with high BMI. The percent trying to lose weight varied with age (lower in the youngest and oldest persons), increased with increasing education and family income and was positively related to BMI. The percent of men trying to lose weight varied with race (highest in

Hispanic men and lowest in African-American men). In women, the percent trying to lose weight did not differ by race even though a higher proportion of African-American and Hispanic women are overweight than of white women.

A self-administered questionnaire of a nationally representative sample of high school students showed that 44 percent of female and 15 percent of male students were trying to lose weight; 26 percent of female and 15 percent of male students were trying to keep from gaining weight.



HOW SUCCESSFUL ARE VARIOUS METHODS FOR WEIGHT LOSS AND CONTROL?

WHAT ARE THE ATTRIBUTES OF AND BARRIERS TO SUCCESSFUL WEIGHT LOSS METHODS/APPROACHES?

by Jason Bingham
features editor

Understanding of the likelihood of success is a key element in making informed choices from among the dietary, exercise, and behavioral options for weight loss. In this section, these various weight loss methods are discussed with respect to their effectiveness in facilitating weight loss.

For most weight loss methods, there are few scientific studies evaluating their effectiveness and safety. The available studies indicate that persons lose weight while participating in such programs but, after completing the program, tend to regain the weight over time. Further, there are examples where weight loss strategies have caused medical harm. Thus, the panel cautions that before individuals adopt any weight loss program, the scientific data on effectiveness and safety be examined. If no data exist, the panel recommends that the program not be used. The lack of data on many commercial programs advertised for weight loss is especially disconcerting in view of the large number of Americans trying to lose weight and the over \$30 billion spent yearly in America on weight loss efforts. Some research data and considerable anecdotal information support successful short-term loss for some users of these programs; however, data are limited on the proportion of persons who complete programs, how much weight they lose, and their success in maintaining the weight loss.

Considerable diversity in response exists within each of the broad categories of weight loss strategies. Success rates can be expected to vary according to initial weight, the length of the treatment period, the magnitude of weight loss desired, and the motivation for wanting to lose weight. The effectiveness of unsupervised efforts to lose weight is difficult to judge because of limited data on strategies, compliance, and follow-up. Surveys indicate that many overweight persons have tried to lose weight on multiple occasions; because many of these persons presumably are using these unsupervised strategies, their long-term success rates may be low.

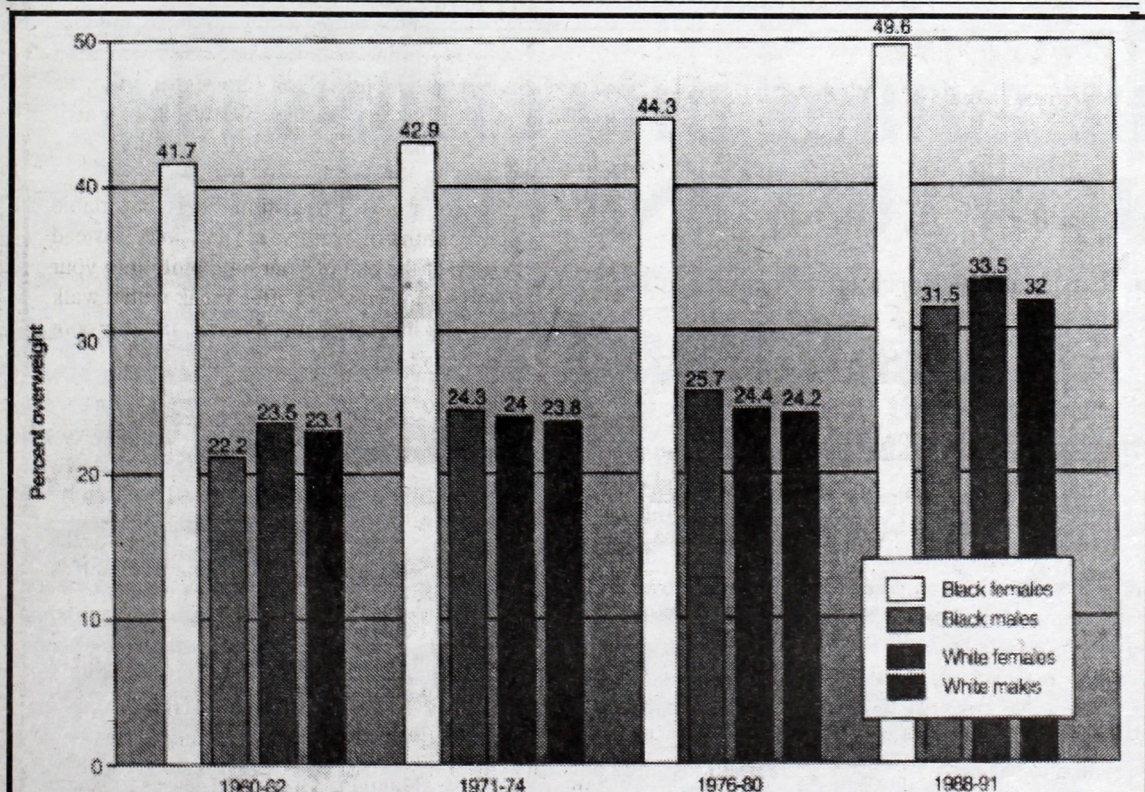


Figure 6-13 One out of every three American adults is considered overweight. In recent decades, the prevalence of overweight among Americans has increased. Overweight is defined as a body mass index $\geq 27.8 \text{ kg/m}^2$ and $\geq 27.3 \text{ kg/m}^2$ for males and females, respectively. These values represent the sex-specific 85th percentiles for persons 20 to 29 years of age in NHANES II. Data from the National Center for Health Statistics.

Methods Used for Weight Loss

by Jason Bingham
features editor

The four national surveys asked about weight loss methods, each in slightly different ways. Among women trying to lose weight, 84 percent were eating fewer calories, and 60 percent to 63 percent were increasing physical activity. Among men trying to lose weight, 76 percent to 78 percent were eating fewer calories and 60 percent to 62 percent were increasing their physical activity. Use of these methods varied with race, education, income, and age.

In another survey of adults, diet and exercise were the most frequently cited methods for both men and women attempting weight loss, each at a frequency of more than 80 percent. Vitamins, meal replacements, over-the-counter products, participation in a weight loss program, and diet supplements were cited by both sexes in decreasing order from 28 percent to 3 percent. The methods used varied with BMI.

Students reported using the following weight loss methods in the week preceding the survey: exercise (51 percent of females and 30 percent of males), skipping meals (49 percent and 18 percent), using diet pills (4 percent and 2 percent), and self-induced vomiting (3 percent and 1 percent). The percentage of students who reported ever using these methods was generally much higher: exercise (80 percent of females and 44 percent of males), diet pills (21 percent and 5 percent), and vomiting (14 percent and 4 percent).

Reasons For Weight Loss Efforts

by Jason Bingham
features editor

People try to lose weight for several reasons. Many seek to improve their self-images. These people may or may not be overweight or have physical or emotional health problems caused by their weight; in fact, some are of normal or even low weight. Some persons are severely overweight by current medical standards and attempt to lose weight to reduce their risk for weight-related health problems. Some persons who are not severely overweight also attempt weight reduction to improve their perception of their health. Another reason involves our society's discrimination against overweight individuals. Some of these persons attempt weight reduction to gain greater acceptance.

Concerns about future and current health, fitness, and appearance were cited frequently by survey respondents as the most important reasons for trying to lose weight. Health concerns were cited more frequently by persons with higher BMI; appearance and fitness concerns were cited more frequently by persons with lower BMI. Appearance was more important than fitness to women, whereas the reverse was true for men. Other reasons cited included trying to lose weight gained after smoking cessation or pregnancy.

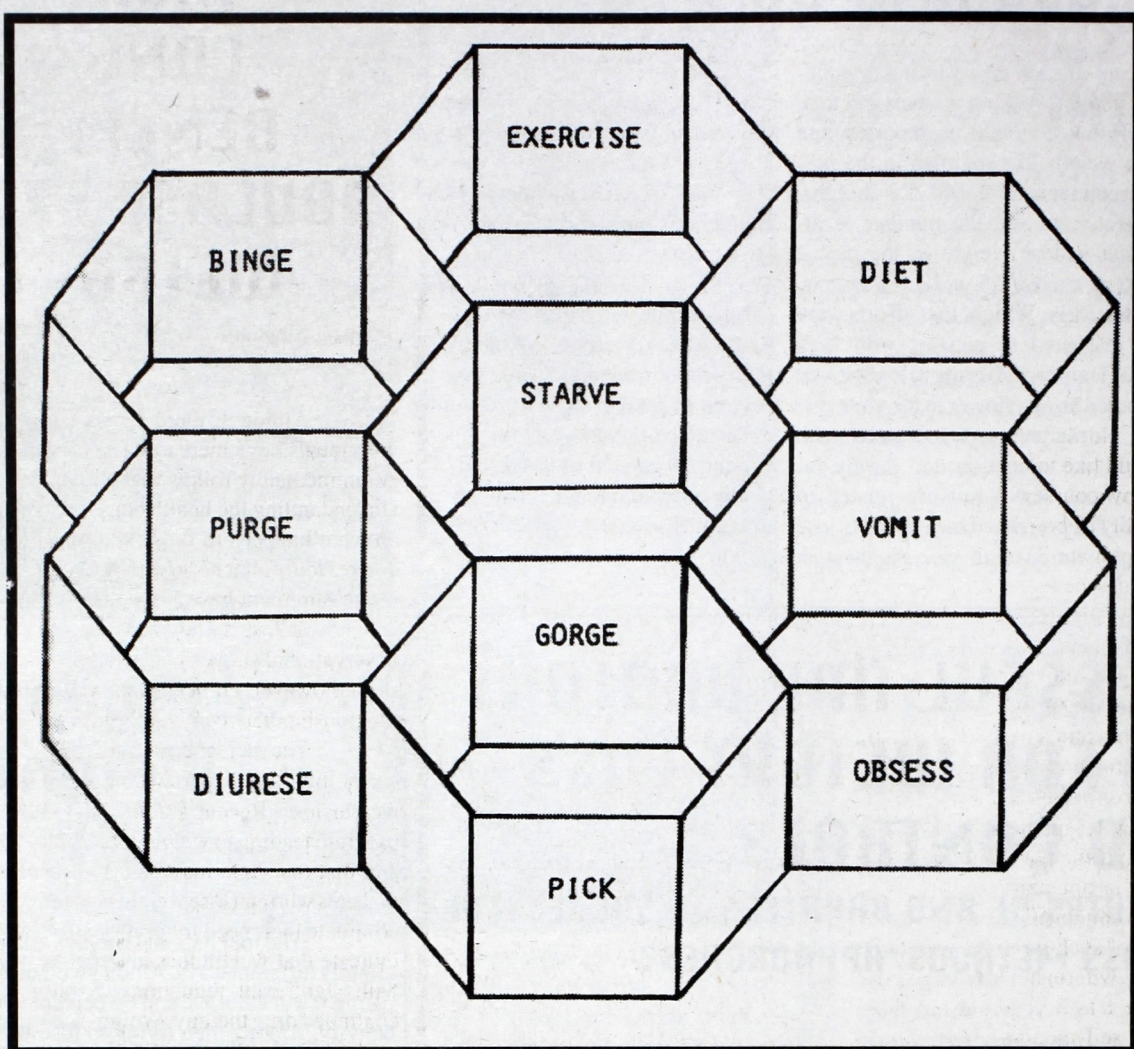
Dietary Change

by Jason Bingham
features editor

Dietary change is the most commonly used weight loss strategy. Methods range from caloric restriction to changes in dietary proportions of fat, protein, and carbohydrate or use of macronutrient substitutes. Short-term success for some of these methods has been documented, but information on long-term effectiveness and safety up to 5 years is limited. Appropriate dietary programs can have positive health effects on factors other than weight loss.

Weight loss at the end of relatively short-term programs can exceed 10 percent of initial body weight; however, there is a strong tendency to regain weight, with as much as two thirds of the weight lost regained within 1 year of completing the program and almost all by 5 years. Importantly, however, a small percentage of participants do maintain their weight loss over more extended periods. Key aspects of the evaluation of programs are their duration and dropout rates. The duration of most programs appears to be from several weeks to a few months. Dropout rates can be as high as 80 percent and seem to vary considerably.

Two levels of caloric restriction are commonly used. The low-calorie diet (LCD) of about 1,000 to 1,500 calories (approximately 12 to 15 Kcal/kg body weight) per day may involve a structured commercial program with formulated and calorically defined food products or guidelines in selecting conventional foods. The very-low-calorie diet (VLCD) at 800 (approximately 6-10 Kcal/kg body weight) or fewer calories per day is conducted under physician supervision and monitoring and is restricted to severely overweight persons. Both diets may produce adverse side effects, including excessive loss of lean body mass. Attempts to use VLCD's in unsupervised settings have been associated with severe complications. In the short term, VLCD's produce greater weight loss than do LCD's; however, with both



types of programs, participants tend to return to preprogram weight within 5 years.

There is evidence that altering the proportion of the calories in the diet from fat, carbohydrate, and protein can have a limited effect on weight loss; however, the effects appear to be quite small in comparison with the direct effect of caloric restriction.

Exercise

Weight loss that can be achieved by exercise programs alone is more limited than that which can be obtained by caloric restriction. However, exercise has beneficial effects independent of weight loss, including increased high-density lipoprotein cholesterol and an increase in lean body mass.

Further, exercise can be an important adjunct to other strategies and can, if continued, diminish the tendency for rapid postprogram weight gain. The amount of weight lost through exercise usually ranges from 4 to 7 pounds. This amount is usually in addition to that lost through caloric restriction.

Behavior Modification

Behavior modification involves (1) identifying eating or related life-style behaviors to be modified, (2) setting specific behavioral goals, (3) modifying determinants of the behavior to be changed, and (4) reinforcing the desired behavior. The goal of behavior treatment is to modify eating and physical activity habits, typically focusing on gradual changes. Behavior modification can be undertaken

through group or individual sessions, under the guidance of professional or lay personnel, and alone or in conjunction with other approaches.

When used alone, the typical program takes about 18 weeks and can generate a 1- to 1.5-pound/week weight loss. Typically about one third of this weight will be regained at the end of 1 year and most regained by 5 years. As with other methods, however, a small percentage of participants are able to maintain weight loss over an extended period.

Drug Treatment

In carefully controlled research programs, treatment with investigational drugs has been effective in producing

weight loss. Combined with some degree of caloric restriction, weight loss with these drugs can be equivalent to that from VLCD's over comparable periods. Some studies show that prolonging use can result in a slowing of weight loss and eventually a weight plateau. Long-term benefits and complications need to be evaluated.

Phenylpropanolamine, an over-the-counter appetite suppressant approved by the Food and Drug Administration, has some efficacy in producing weight loss. The long-term benefit of this drug is not well documented, and as with other over-the-counter preparations, there is potential for its misuse.

Attributes and Barriers

In general, successful programs are those based on realistic goals that involve a caloric deficit leading to a slow, steady weight loss. Success requires a diet that can be adhered to long enough to reach the goal. Developing new dietary practices that could lead to a lifetime of weight control is also important. Other attributes of successful programs involve preparing the person to deal with high-risk emotional and social situations, self-monitor progress, solve problems, reduce stress, and maintain continual professional contact. Barriers to success include lack of feelings of self-efficacy, failure to lose weight early, premature termination of diet modifications or exercise or both, and lack of social and professional support. Serious underlying social or psychological problems such as depression also can be barriers to success.

The effectiveness of the different weight loss programs may vary among different cultural groups; however, the data to evaluate this possibility are limited. As these programs are studied further, it is important to consider that some may also be effective in preventing overweight.

WHAT SHOULD BE THE FUTURE DIRECTIONS FOR RESEARCH ON WEIGHT LOSS AND CONTROL?

The panel often had inadequate or no data with which to answer the questions about voluntary weight loss and control methods. Because voluntary weight loss has important health implications and because Americans frequently attempt it, an appropriate scientific base must be developed to maximize the chance for all Americans to achieve a healthy weight.

Evidence suggests that the causes of overweight and obesity are multifactorial. Thus, an appropriate research base must span the entire spectrum of health research from genetic, biochemical, physiologic, and neurophysiologic to individual, community, and population investigations. Research is needed within and across these areas; the biomedical perspective should be incorpo-

rated into clinical trials and population studies.

Obesity in humans has a substantial genetic basis. Numerous animal models of obesity are attributable to defects in as yet unidentified genes. Molecular genetic technology now makes identifying such genes possible in both animals and humans. Characterization of the function of the gene products should facilitate understanding of the biochemical, physiologic, and neural basis for regulation of body weight and body fat, the resting metabolic rate, and metabolic efficiency. Interactions between genetic makeup and environment or environment alone during early childhood may influence the development of obesity. Understanding basic mechanisms elucidated by gene analysis also may provide important

new insights into environmentally induced weight gain.

Physiologic research is helping define weight loss mechanisms that may be useful in therapy. Mechanisms identified include suppressing appetite, inhibiting gastric emptying, blocking carbohydrate or lipid digestion, stimulating lipid oxidation, and increasing thermogenesis. These mechanisms should be explored with pharmacotherapeutic research. Further efforts should be made to identify other mechanisms. Elucidating the physiologic basis for body fat distribution is important because of its relation to health.

The paucity of well-designed, long-term clinical trials evaluating various methods for voluntary weight loss is disturbing. Particularly lacking are data on mi-

nority populations and persons who are mildly to moderately overweight. Long-term clinical trials will provide the most convincing evidence about the longer term health effects of weight loss. Methods to improve compliance with weight loss regimens and methods for long-term maintenance of weight control should receive investigative priority. More must be known about the relationship of binge-eating, dieting, and weight loss. Commercial weight loss programs should routinely compile data on participant characteristics, attrition rates, degree and duration of weight loss, and adverse effects for all participants.

Research on the prevention of obesity and unhealthy weight gain is an

area of critical need. Of special importance are prevention of unhealthy weight gain in certain minority populations and prevention of unhealthy dieting among adolescent women. Weight and voluntary weight loss practices are closely tied to cultural and societal attitudes toward weight and body image. Interdisciplinary research involving all types of behavioral scientists is necessary to develop and evaluate prevention programs that encourage Americans to adopt healthy eating habits and lifestyles that will affect lifelong control of weight. Methods must be developed to deal effectively with such problems as an unrealistically thin ideal among some women and an uncritical acceptance of dangerous overweight in certain cultures.

WHAT ARE THE FUNDAMENTAL PRINCIPLES THAT SHOULD BE USED TO SELECT A PERSONAL WEIGHT LOSS AND CONTROL STRATEGY?

by Jason Bingham
features editor

A fundamental principle of weight loss and control is that for almost all people, a lifelong commitment to a change in lifestyle, behavioral responses, and dietary practices is necessary. Whether one should make this commitment depends partially on the risks and benefits of losing weight compared with those of not losing weight. The more an individual's BMI exceeds the healthy range, the higher the risk for medical problems and the greater the need for weight reduction. Weight loss is indicated for persons with current health problems that can be lessened by weight loss (such as sleep apnea, hypertension, or noninsulin-dependent diabetes mellitus). Finally, for persons near the upper limit of the healthy weight range, a weight control program may be appropriate to prevent further increases.

Contraindications to nonsupervised weight loss exist for severely overweight persons, pregnant or lactating women, children, persons over the age of 65, and those with medical conditions that make such an undertaking dangerous. A trained physician or other health professional should assess contradictions and screen for preexisting eating disorders or underlying psychological problems. For persons at high medical risk, a properly trained physician should be involved in a multidisciplinary approach to care throughout the weight loss process. Diets of 800 or fewer calories per day should not be undertaken without medical supervision and monitoring because of attendant health risks.

For those within the healthy weight range who desire to lose weight for other reasons, such as improved appearance or sense of well-being, the decision to lose weight should take into account the difficulty of the task as well as the poten-

tial adverse physical and psychological effects of weight loss regimens. These effects include the risk of poor nutrition, possible development of eating disorders, effects of weight cycling, and the sometimes serious psychological consequences of repeated failed attempts to lose weight.

No matter how much weight one would like to lose, modest goals and a slow course will maximize the probability of both losing the weight and keeping it off. In setting goals, it should also be recognized that even in highly structured, medically supervised plans, the dropout rate is often high, and even for those who complete the program, maximum weight loss rarely exceeds 10 percent of the initial body weight. The rate of weight loss in these plans is generally less than 1.5 pounds per week. In addition, if the pattern of eating and activity is not permanently altered after the conclusion of the structured portion of such programs, most participants will regain lost weight over the next 1 to 5 years. In less structured or self-monitored settings, the degree of weight loss and maintenance is unknown. These realities should help an individual avoid disappointment by providing guidelines for reasonable goals for how much weight one wants or needs to lose, how fast one wants to lose it, and how long weight loss can be maintained. These facts also should help one recognize that, for most people, achieving body weights and shapes presented in the media is not a reasonable, appropriate, or achievable goal, and thus the failure to do so does not represent a weakness of will power or character. Other characteristics to consider in setting weight loss goals include weight history, the weights of biological relatives, the outcomes of past weight loss efforts, and the individual's emotional profile.

Important considerations when choosing a weight loss method or program include personal food preferences; the desire for structure in the program; and the degree of support in the home, workplace, or a chosen group. Logistic details to consider include time; money (for the costs of programs and special diet

foods or supplements); transportation; and the ability to integrate the eating pattern of the dieter with others in the home, particularly if the dieter is a primary food preparer. Valid and reliable statistics of this kind are important but not routinely provided by commercial diet plans or programs. Such data, preferably in the form of peer-reviewed published studies, should be available for all supervised programs, including those based in hospitals or clinics.

The most important feature of a successful weight loss program is maintenance of stable weight or of reduced weight. In formal programs, continued regular contact with a supervising professional may be necessary to maintain weight loss. In any case, new eating behaviors must be learned and adopted, which can be difficult. These behaviors include modifying quantity and kinds of food, and possibly developing a different attitude toward eating and toward oneself. Therefore, an individual weight loss method should be based not merely on weight loss goals but should become part of a general long-term approach, the goal of which is better health. This goal should reflect accepted guidelines for healthful eating. Even though a caloric deficit must be achieved, the diet must provide all essential nutrients. A regular exercise regimen, which could be as simple as walking, is essential both to better health as well as long-term weight loss maintenance.

Methods whose primary goal is short-term rapid or unsupervised weight loss, or that rely on diet aids such as drinks, prepackaged foods, or pharmacologic agents but do not include education in and eventual transition to a lasting pattern of healthful eating and activity, have never been shown to lead to long-term success. It has been fairly said that such programs fail people, not vice versa. Recognition of this by society and individuals and a focus on approaches that can produce health benefits independently of weight loss may be the best way to improve the physical and psychological health of Americans seeking to lose weight.

Dieting still a tough battle

by Jason Bingham
features editor

people who achieve weight loss with any of these programs regain weight. For many overweight persons, achieving and maintaining a healthy weight is a lifelong challenge.

Successful weight loss improves control of noninsulin-dependent diabetes mellitus and hypertension, reduces cardiovascular risk factors, and enhances self-image. Long-term health effects are much less clear. Several epidemiologic studies raise the possibility that weight loss is associated with increased mortality. The relevance of these findings to voluntary

weight loss programs is not yet clear.

Survey evidence also confirms that many Americans who are not overweight, particularly young women, are trying to lose weight. This practice may have significant adverse physical and psychological health consequences.

Because of the importance of these issues, research on the biologic and social influences on weight and weight control and the health consequences of weight and weight loss should assume a high priority on the nation's health agenda.

WHAT ARE THE SHORT- AND LONG-TERM BENEFITS AND ADVERSE EFFECTS OF WEIGHT LOSS?

by Jason Bingham
features editor

Although there seems to be little doubt that overweight individuals have increased risk for morbidity and mortality, it does not immediately follow that weight loss reduces that increased risk. Understanding the health consequences of weight loss requires data on what happens to those who have lost weight. Such data should derive from either observational studies of persons who by self-report or measurement have lost weight or clinical trials in which how the weight was lost is known. Much of the longer term data come from observational studies because follow-up in trials has generally been short; however, clinical trials would provide clearer evidence of the relationship between weight loss and health.

The incidence and severity of noninsulin-dependent diabetes mellitus and hypertension in overweight persons are reduced by weight loss. Recent studies have shown that a diet and exercise program leading to weight loss can prevent the onset of hypertension and that the same may be true for diabetes mellitus. Persons with diabetes who can lose weight will improve glycemic control and may eliminate their need for oral agents. Similarly, randomized trial data indicate that weight loss in hypertensive patients is also associated with significant reductions in blood pressure and the need for continued drug therapy. Weight loss also affects other risk factors for cardiovascular disease: The positive effects on lipid and lipoprotein levels are well documented. Given the high likelihood that weight will be regained, it remains to be determined whether these time-limited improvements confer more permanent health benefits.

Among very obese individuals, weight loss has been followed by greater functional status, reduced work absenteeism, less pain, and greater social interaction. The prevalence and severity of sleep apnea also can be substantially reduced by weight loss, but monitoring for weight regain is important.

Very-low-calorie diets and fasting are associated with a variety of short-term adverse effects. Patients frequently report fatigue, hair loss, dizziness, and other symptoms, but these appear to be transitory. More serious is the increased risk for gallstones and acute gallbladder disease during severe calorie restriction. Serious complications such as cardiac arrhythmias or death, seen in early studies, have largely been eliminated by enriching diets with high-quality protein, minerals, and electrolytes.

Data on short-term adverse health effects of weight loss come from programs that only include overweight persons. Some of these effects may be greater in persons who are not overweight but are severely restricting calories. Laboratory evidence suggests that weight loss in lean persons leads to a greater proportional loss of lean body mass than in severely overweight persons and may well increase adverse effects such as fatigue.

Participants in formal weight loss programs may reduce baseline depression and anxiety, but only if they successfully lose weight. Little is known about the emotional impact of lesser degrees of success or of failure. There also is increasing evidence that mildly to moderately overweight women who are dieting may be at risk for binge-eating without vomiting and purging. Whether involvement in a well-designed dietary modification program increases the risks for bulimia is unknown and in need of careful study.

The evidence that reductions in mortality follow weight loss is meager. Most epidemiologic studies suggest that weight loss is associated with increased mortality, although in most of these studies the reason for weight loss is not known. Intentional weight loss during healthy states cannot be distinguished from that associated with illness, psychosocial distress, or other reasons. Finally, the fact that many people who stop smoking gain weight complicates the interpretation of the data on weight gainers and weight losers. Thus, although the data on higher mortality are provocative, they are not sufficiently conclusive to dictate clinical practice. Specific research efforts to address this question are urgently needed.

Data on the health effects of repeated weight gains and losses, or weight cycling, are also inconclusive. Weight cycling appears to affect energy metabolism and may result in faster regaining of weight, but the evidence that cycling has longer term negative effects on psychological and physical health needs confirmation.

Although currently used weight-reducing drugs appear to be safe in controlled studies, the studies are short term and have involved populations where the potential for abuse may be low. The fact that many adolescents and young adults use over-the-counter preparations urges further study of their safety in real-world use.

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FOR MORE INFORMATION

James J. Barnett, Director, MTAx Program
School of Accountancy, University of Waterloo, Waterloo, ON N2L 3G1
E-mail: mtax@watarts.uwaterloo.ca
Phone: 519 888-4567, ext. 5143
Fax: 519 888-7562
Web: <http://www.arts.uwaterloo.ca/ACCT/tax/mtax.htm>

**This program has been submitted to the Ontario Council on Graduate Studies and will be offered if and when approved.*

ANNOUNCEMENTS

New Hotline/Nouvelle Ligne de Support

Are you Gay, Lesbian or Bisexual and need someone to talk to? Give us a call at 675-8131. The Association of Gays and Lesbians at Laurentian (AGLL) provides a support line during the school year on Thursdays from 6pm to 9pm.

Es-tu gai, lesbienne ou bisexuel(le)? Si tu éprouves le besoin de parler à quelqu'un n'hésite pas à nous donner un coup de fil au 675-8131. L'Association des gais et des lesbiennes de l'université offre un service d'appui pendant l'année scolaire, le jeudi de 18h00 à 21h00.

* * *

Procrastination Workshops

The Counselling Centre will be hosting an eight-week workshop for Procrastinators. If your motivation has been drained dry and you find that "putting things off" only makes things worse - come and enlist the support of others who feel the same way and learn how to organize your time and deal with pressures effectively. Come out every Thursday night starting January 16, 1997 in L-302 of the Parker Building from 5-6pm.

* * *

Christian Unity Week - January 17 - 25

All Christians are invited to come together in prayer, may we learn to build in unity, respecting our differences.

Sunday, January 19th at 10:30am, Brian Aitken of Huntington College will give the Homily at the Eucharist at the University of Sudbury Parish.

Thursday, January 23 at 7:00pm, an Ecumenical Celebration at the Chapel of Thorneloe College

* * *

New Year! New Room! New Beginnings!

The Chaplaincy Office is moving to a new location. For one year now, the office has been welcoming students and staff at L233. In order to better serve the campus population, this office will be moving to L228. The space will be used as a drop-in for anyone who wishes to chat with friends and chaplains. Everyone is welcome to join us at 12pm on January 23 at L228 to celebrate the opening of the new office. Come in, see the place, meet the chaplains and chat with friends?

* * *

Weedless Wednesday Awareness Day

In the Bowling Alley on Wednesday January 22, 1997 from 9:00am to 3:00pm. Guests will be the Canadian Cancer Society, the Heart and Stroke Foundation, the Lung Association and the Sudbury District Health Unit. Promoting National Non-Smoking Week, January 20-24, 1997.

* * *

Group Meditation Sessions

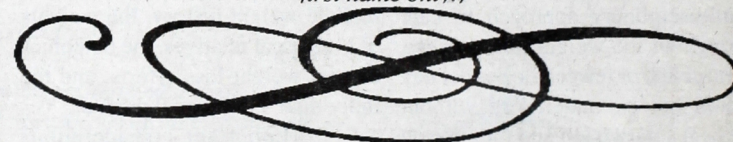
Set time aside to seek a new level of inner peace with Group Meditation Sessions.

Tuesdays 11:30 am - 12:15 pm, beginning January 21 in the Campus Ministry office, Room L228, Student Centre. Wednesdays 11:30am - 12:15pm, beginning January 8, Room 107 Huntington College. Beginning and seasoned practitioners are welcome at any session.

* * *

Are you interested in joining a support group for gay, lesbian and bisexual students? Call Viviane at the Counselling and Resource Centre. 673-6506

For confidentiality purposes, you may leave your phone number and first name only.)



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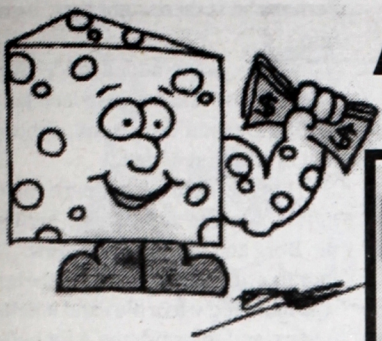
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Attack of the Cheese

by Mat Thompson
Staff Writer



This week's cheese is a new movie out on video. It's one of those generation X movies where the teenagers all work together and must make life altering decisions. Every one in the group has one problem or another which come out while they are trying to solve one great big collective problem. Sounds a little serious? Well, it actually comes across as cheesy and hilarious. **Empire Records** is one of those no brainer movies where you really only come out entertained after watching it. There is no life altering moments that could change a viewer's life forever.

The story follows a day in the life of the workers at a local record shop which is going to be sold to a national chain. One of the workers, Lucas, decides to gamble away all the money in the safe in Vegas, but ends up losing it. It is also the day in which Rex Maning (a

has-been rock star) is coming to sign autographs in the store. The characters are memorable; they include a virginal do-gooder (Liv Tyler), a slut

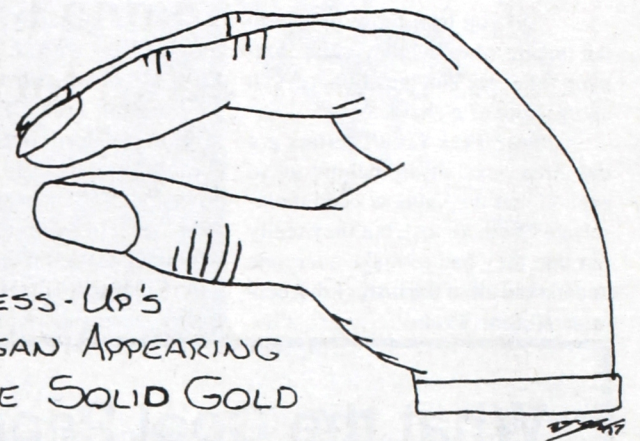
(Rene Zellweger), a suicidal punk, a philosophising smart ass, two dope fiends, and a partridge in a pear tree.

There are many memorable cheese scenes in this movie, but the shoplifter scene is above all the funniest. I have never laughed so hard in my life as I did at this scene and any others which included Warren (the shoplifter). Another funny scene is when one of the employees eats some hash brownies and hallucinates he is watching himself be killed on TV in a rock video.

I know some people who did not like this movie, but they are looking at it wrong. It is a bad movie; just done in a fantastically, funny, bad way. Just hearing the soundtrack to this movie is worth it. The music ranges from **The Cranberries** and **Gin Blossoms** to the classic 80's song *Video Killed the Radio Star*. Trust me, this movie is worth seeing!

Just keep it in mind that this is not a life changing movie. It's just good old American Cheese.

WHERE ARE THEY NOW?



*MR DRESS-UP'S
FINNEGAN APPEARING
AT THE SOLID GOLD

PARTY...



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The Pub would like to welcome all
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Come visit the Pub Friday night for free pool
and karaoke.

Coming Soon -
Carny Week

Superbowl on 9' x 12' screen

PARTY...

Kraft Dinner Recipe of the Week

Pizza Party KD Dip

Ingredients : 1 or 2 Boxes Kraft Dinner (Spirals or normal)

- 1 small can of pizza sauce
- 1 or 2 Packages of Pita Bread
- Pizza toppings (i.e. pepperoni, green pepper, mushrooms, onions, etc.)

Directions: Make KD according to directions on the side of the box. While cooking KD, slice up the pita bread into long slices and heat in oven for about ten minutes to make them crisp (like pizza crust). When the KD is done, pour it into a lasagna pan and spread it out over the bottom. Then pour the pizza sauce onto the KD and add whatever pizza toppings you desire.

Serve to your guests while still warm with the pita bread in a separate bread basket or bowl so it will be easily accessible to your guests to use to scoop up the KD pizza dip. Enjoy this at a party or just as a refrigeratable snack for late night TV or just when you have the munchies.

Attention All Laurentian Students

Stop traveling down that busy Ramsey Lake Road on a snowy day. Rooms are available on campus for the second term. Contact the Laurentian Residence Office at ext. 3007 to find out how you can have the convenience of living on campus.

Aux étudiantes et étudiants de la Laurentienne

Fini le va et vient sur le chemin enneigé du lac Ramsey. Il y a des chambres libres sur le campus pour le deuxième semestre.

Communiquez avec le Bureau des résidences de la Laurentienne, poste 3007, pour en savoir plus sur le privilège de vivre sur le campus.

by Hannah Scissons and
Merelda Fiddler
CUP—The Carillon

Star Trek Has Plenty of Contact

Do you hate those people in the theatre who feel they must comment on every single action, speech and gesture of a character?

Star Trek First Contact got the three guys sitting behind us so excited that they almost peed themselves. Well, almost, but they really felt that they had to make everyone understand all of the history that surrounded **Star Trek**.

Unfortunately, there is one serious flaw with this movie, **The Borg**. In a two-part television episode of **Star Trek: The Next Generation**, the Borg collective had been completely destroyed. But, somehow, the Borg managed to regain their collective and return to battle with the Federation once again.

Our second pet peeve was the Borg Queen (and it wasn't just be-

cause she was ugly, mean and extremely horny) and her origins. Where did she come from? And why was she looking for a mate within the human/android race?

The only good thing about this horny Borg is that it gives Data the opportunity to get laid for a second time. You see, it had been just over eight years since Data had gotten lucky with Tasha Yar. Data, like most men, could count down to the very second how long it had been since he had scored with Yar.

A big disappointment was Geordi LaForge. Geordi had microchip eyes and there was no more banana clip. We liked the banana clip. It distinguished Geordi, it made him a tortured soul and it made him sexy.

The best part about the film was the suspense value. The audience really cared about the characters and were actually worried that

they wouldn't make it.

At one point, Picard returned to his deep, sensual quotation of a novel and it actually brought a tear to my (Merelda) eye. Hannah, however, was untouched by these things (the cold hearted snake).

Picard's character has also grown over the years. He yelled, screamed, ranted, raged and was consumed by revenge. This break from his normal, stoic self was a real turn-on. Masculinity mixed with intellect and sensuality. As Hannah put it, "We swooned."

The **Star Trek** cast has to follow the Borg back in time to 2063. The whole Borg plot was to travel back in time, prevent first contact with an alien life form and then assimilate all humans.

Zefram Cochrane, Earth's hero/scientist who made first contact with the alien's, is a drunk who listens to bad music. On the whole, he

would fit right in at Luther College. Perhaps he is there right now, incognito.

Cochrane added spice to the whole show and even succeeded in getting Deanna Troi drunk, although that is where it ended.

One of the best parts of the movie was the fight scene between the Borg and the **Star Trek** crew. The fact that the Borg had a perspective was included was a plus and it helped understand their psyche a lot better.

Another great scene, especially through the eyes of a cinematographer, was on top of the Enterprise E. Captain Worf and a new guy (Lt Hawk, the helmsman) had to strap on magnetized suits and walk on the outside of the ship to stop a Borg plot to call their Borg friends. Of course, like the first **Star Trek** series ever written, the new guy dies.

If you can live with a few inconsistencies, this is the movie to see. There is suspense, laughter and the implications of sex. What more could you ask for out of Sci-Fi.

What the Cool People Are Doing



The Senior Acting class of Thornloe University will be performing their annual workshop production on January 21st, 22nd and 23rd at the Thornloe Theatre Arts Lab building. **Christmas at the Ivanovs** is a Russian black comedy keeping in the tradition of absurdist literature, written in the times of the Russian Revolution. Aleksander Lukac, director of the play, has promised free admission and a guarantee of laughter.

Once upon a time there was a cool band named **Greenhorn** who became **Peterbuilt**. They are back to being **Greenhorn** again and they are playing in the Pub with **Wexler's Curtain** on January 22nd. You won't find many long haired rock and rollers who play a cover of "Play That Funky Music White Boy."

If you are not busy on the Saturday the 25th, try going to our own Pub to the Concert Series #2 to see a great band you have to go see. **The Watchmen** were here a couple of years ago at Endless Summer and they were absolutely fabulous. (They were my first...first band to body surf to that is) They are a rocking Canadian band who are bound to become famous and won't you feel stupid if you miss them now. They are playing in the Pub with **The Transistor** and **Not Going to Vegas**. That is three (count 'em, three) cool bands for the low low price of \$8 for SGA members, \$10 for non-members and \$12 at the door. Buy your tickets now before Ticketmaster starts selling them for \$80 a pop.

by Mat Thompson
Staff Writer

It's the eternal battle. Should you go to class and pass so you can have a better life for yourself in the future, or should you stay at home and see what's happening on your favourite soap. Sure there are VCR's, but it's just not the same. They have become your friends, your extended families, and maybe even your only window to the outside world. For those of you who do chose class over soaps, here's a little update of what's going on on a few.

Days Of Our Lives. If you missed it, it was one of the classic TV moments. Sami, while trying to stop Austin and Carrie from going away together was hit by Austin's car...Twice!!! Right now she is in the hospital almost dead. Scenes have shown Sami walking towards the light, but a song on the radio has triggered her to return to the world of the living.

Stephano and Peter did get out of Salem, but Laura is now remembering that they, along with Kristen (who is faking her pregnancy), held her captive. Look for Laura to remember within the next week. Hope has decided she cannot live with the fact that she is not the only person that Bo loves, so she has once again

decided to step aside to give Billie a chance at Bo. Poor Bo, I feel so bad for his situation (yeah, right). Comatose Victor will return to the world of the living within the next few months, and if you missed it, Alice Horton actually stood the other day! I was actually moved to tears.

Another World. Ryan is still a ghost and is now communicating to Bobby via radio (who has Ryan's corneas). Bobby wants to move in with Vicky because he feels it isn't safe for her to live alone. Vicky is still torn between Jake and Bobby, and Grant has a plan to murder Bobby and Vicky and frame Jake. Rachel has thrown Carl out of the house due to his violent tendencies (he tried to strangle Grant) but now Rachel has found out she is pregnant (isn't she like 50 or something?)

General Hospital. Stephan shot Katherine with Luke's gun and is now framing him for the shooting.



Luke is hiding out and won't return to town until his name is cleared. Katherine has pulled through and may remember the identity of her shooter. Laura is not dead. Just in case you actually believed that stupid explosion thing, her and her mother are fine.

Melrose Place. Jane has been robbed, lost her mind, and now left the show. Sydney has taken over the business. Matt's new boyfriend has been abusing him and has made him move in with him. After he is pushed through a glass table, Matt finally gets a backbone and fights back. Jake and Billy have suspicions that Matt is being abused and are once again becoming friends. Michael agrees to marry Megan in Vegas, and finds out from Peter that Kimberly has a brain tumor and is going to die. Amanda got that Baywatch guy drunk and found out that he witnessed his father murder his grandfather.

World Wrestling Federation (Yes, wrestling is a soap!) Mark Merro pushed Sable on Shotgun Saturday Night and left her in the ring. Goldust, when asked the question "Are you a Queer?", told the world he was straight. Hunter Hearst Helmsley tried to kidnap Marlena but Merro saved her. Syco Sid has declared war on Shawn Michaels and Bret Hart, who now hate each other. The British Bulldog is not getting along with Owen Hart but they are still tag team champions. Steve Austin has now attacked everyone in the federation and has injured Bret Hart's ankle just one week before the Royal Rumble.

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Submit a short description of your crazy stunt and you may be on your way to the sunny beaches of Florida!

P.S. Here's the catch, you have to perform your stunt to win!!!
P.S.S. We're not kidding.

Bring your entries to the Lambda office before January 27, 1997 with your name and phone number. If we're not here just slip your entry under the door.

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To book your trip and further information please call
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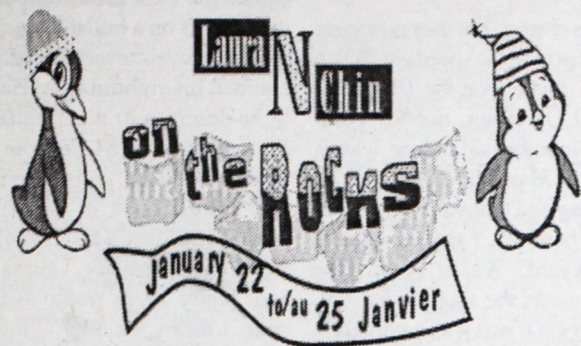
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- All taxes & service charges included.

For Information & Reservations:



Well, here it is! The schedule for this years Carny, Chillin' with Laura N Chin. Sign up your teams before its too late. The last day for team sign-ups is January 21st. Get involved and keep Chillin'!!!

Wednesday, January 22

Thorneloe Hockey - 9 am
SSR Poker Relay - 12:30-2:30
Dukes Of Hazard Trivia - 3-5 in the Pub
SGA Snack and Sculpt - 5:30 VIP Square
Greenhorn & Wexler's Curtain - 9PM in the PUB
Downunder. \$3 SGA, \$5 nonSGA

Thursday, January 23

Thorneloe Hockey - 9 am
LAMBDA 500 - 2-4PM in the PUB
Julia Propeller -Coffee Pub- 4PM (\$3SGA, \$5nonSGA)
CFLR Air Bands - 7-9PM in the PUB
PINX Productions Video Dance Party In The Great Hall
9:00-2:00AM. \$4SGA, \$6nonSGA

Friday, January 24

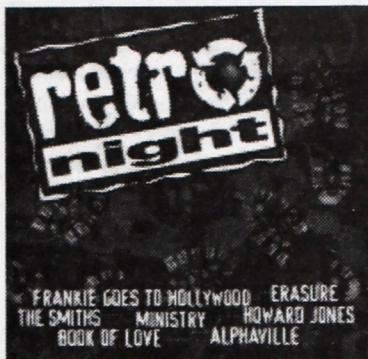
UC Football - 9 am
SPAD Tug-o-War - 1-3 outside the PUB
Matthew Disero & Roger Peltz 3PM in the PUB. \$3 SGA, \$5 nonSGA
Snow Sculpture Judging - 4PM VIP Square
U of S Snow Soccer - 4:30-6:30
BINGO Chills - 7-10PM in The Great Hall
Line Dancing in the PUB - 10:30PM

Saturday, January 25

Student Services Breakfast in the PUB
LOCS Snowpitch outside the PUB 9:30-10:30
Huntington Horseshoe Tourney - 11:30-1:30
SGA Foods of the World - 1:30-3:30 in the Great Hall
NSA Pick up the Feather - 3:30-5:30 in the VIP Square
CFLR Air Band Finals - 6-7PM in the PUB
Concert Series #2 - **The Watchmen** and **The Transistor** with special guest **Not Goin' to Vegas**. 8:30PM in the Great Hall. \$8 SGA (\$10 door), \$10 nonSGA (\$12 door)

Get your teams together and join the fun of Carny Week. Team registration is from January 8th to 21st. With your registration, you will receive your very own SGA commemorative Carny toque. Sign up your team at the Laura N' Chin Carny Booth. The cost for a team (20 Participants \$15 each) is \$300. So get ready for the best Carny ever!!!

LEND ME AN EAR



VA - Retro Night

by Mat Thompson
Staff Writer

For those of you who grew up with the music of the 1980's (and I know for a fact that is most of you), here's one of the coolest 80's albums out right now.

Frankie Goes to Hollywood, **Erasure**, **Devo**, and **Echo and the Bunnymen** are just some of the pop, bubble gum chewing, Cabbage Patch buying, friendship pin wearing, pastel, moussed up bands found belting out their 80's hits. There is also **Ministry**, **The Smiths**, **Howard Jones**, and **Scritti Politti** just oozing with that pathetically synthesized sound that only came from that era we all lived through.

I know some of you out there know the words to most of the songs on the album, so why not get it. You can put on your Don Johnson suit, your Converse high tops, mousse up your hair and rock the night away with this trip back in time to the decade of crimped hair, fluorescent colours and shows like *Jem and the Holograms* and *Fraggle Rock*. Don't deny it, you miss the 1980's as much as the next person. So why not pick up *Retro Night* and relive some memories.



VA - Absolute 90's

by Mat Thompson
Staff Writer

Sure, I know we are just half way through the 1990's, but **MCA Records** has jumped the gun and has come out with a compilation of songs that represent the 90's. Of course, many of the songs are from groups represented by **MCA** or their affiliate labels.

The album contains groups like **White Zombie**, **Sloan**, **Weezer** and **The Lemonheads**. Of course most of these songs aren't the major songs by these groups, they are memorable songs, but just not the big hits. Other groups on the album are **Dinosaur Jr.**, **Sonic Youth**, **Porno For Pyros**, and **Urge Overkill**. Sure these bands are good, but I can think of



many other bands that would suit a 90's album a little better than these groups.

The only songs I actually really enjoyed were **King Missile's Detachable Penis** and **The Flaming Lips' She Don't Use Jelly**. For those of you who have never heard *Detachable Penis*, you don't know what you are missing. This is the funniest song I have ever heard.

All in all, this is not a bad album, but I don't think it will ever become the main album that defines 90's music.

CD Release Dates

January 21

Our Lady Peace - Clumsy

February 4

Silverchair - Freakshow

Feb. 11

Depeche Mode - Barrel of a Gun (Maxi Single)

Various Artists - Massive Dance Hits 2

Feb. 25

Big Head Todd and The Monsters - Beautiful World

*Also to be released in February is the new album by **The Offspring**. No actual release date has been set.

CORNER°

Wondering

Your heart belongs with another, yet mine reaches out in vain.
I cannot deny the emotions that run wild,
like adrenaline through mine veins.
I step close and know your scent, but there is more,
I need to know.
The taste of your lips, the touch of your skin,
the look in your eyes that says you need to know too.
It is all foreign and a dream.
I wake, hoping the kiss was real, but alone.
Candles will lose their glow, roses their scent,
and satin its soft touch, until I let you know.
But both hearts already promised, may never know.
Just die slowly, always wondering
And needing to know.

Jason Knight

°POETRY



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by Steve Proceviat
Columnist

Reason Why S.I. Blows

Recently, the wondrous publication that is Sports Illustrated made it their business to become embroiled in the controversy surrounding Donovan Bailey / Michael Jackson (I mean Johnson). It was the opinion of the proprietors of that Yankee rag that our Donovan is a whiner, one who won't admit to the obvious (in their minds) superiority of their screwy-shoed Eddie Murphy clone. I believe they opined that Donovan could not face up to the fact that Johnson performed amazing feats of athleticism at the Propaganda Games (geez, I mean Atlanta Games. I gotta start bein' more careful, eh?). On a whole, they more or less attempted to make it clear to both Americans and Canadi-

ans alike (you know, druggies, gangsters, rapists, radical anti-government lunatics, adulterers, redneck racists and then those nice people north of the border) that Donovan is inferior to Johnson (and yes, there definitely is a strong subliminal message there. Canadians, you are inferior, Canadians, you are inferior. . .), and won't admit it.

Now, here is what I have to say. And yes, the IS an opinionated piece. If they can do it, so can I. I have been following this Bailey / Johnson controversy quite closely in the months following the Olympics and, I must say, these SI writers don't know JACK! The only statement Donovan has made, and he has made

it a number of times (so you think that those in the supposed know, ie. SI writers, privy to the sporting world as they are, would have picked it up by now), is that throughout Olympic history, the winner of the 100-meter sprint has been given the moniker of "Fastest Man Alive". He has never, repeat NEVER, made any statements denigrating the feats of Michael Johnson. He has simply stated that he should have the aforementioned title. And you know what? He's right! When Carl Lewis was winning 100-meter races, those is the States referred to him in such a manner, and when he stopped winning, they stopped referring to him as such. They maintained he was a superb athlete,

which was correct, but they no longer claimed him to be the speediest. When Linford Christie won the 100-meter in the last Olympics, nobody complained. Nobody said that he wasn't the "Fastest Man Alive". So why all this picking on Donovan? Was it because he beat the Yankees right in their backyard? Was it because he ran for Canada, the supposedly inferior country? Or was it a combination of these things? Who really cares?

The point is that these SI writers should get their facts straight before they go off on a bullshit smear escapade. Donovan never whined. He only claimed his rightful title. He earned it; he deserves it; it is rightfully his. So pee on you, SI. In your claims against Donovan, you show your own true colors. Look in the proverbial mirror; you'll see who's whining (and if you can't, then gee, I guess Americans really are as stupid as they appear. I mean, electing Clinton over Bob Dole? Come on.).

Molson's Athletes of the Week

Katie Malone - Women's Basketball

The Laurentian University Molson's Female Athlete of the Week is Lady Vees basketball player **Katie Malone**. The fourth year kinesiology student from London, Ontario, averaged 12 points a game in a victory over Concordia and a loss to McGill. Malone was instrumental in her role as a floor general.

Cory Evans - Hockey

The Laurentian University Molson's Male Athlete of the Week is Voyageur hockey player **Cory Evans** is a second year arts student from Sault Ste. Marie. In a dominant performance, Evans contributed two assists to the Laurentian cause in a close 4-3 loss to Waterloo. Evans bounced back on Sunday to score two goals in a 4-1 win over Laurier. Cory was a dominant physical presence throughout the weekend.

Vees Beat Stingers

by Remi Gunn
Staff Writer

The Laurentian Voyageurs basketball team made a triumphant return to the Ben Avery Gym this past weekend as they easily defeated the visiting Concordia Stingers 95-76. This was the Vees' fifth win in a row, maintaining their unbeaten record in OUAA play. Playing before a boisterous home crowd, the Vees showed Concordia why they are one of the top teams in the country.

The game began with a quick two pointer by Concordia. From there on in, however, it was all Vees. The Vees answered this basket with twelve unanswered points, essentially shutting down the Concordia offense. Capitalizing on Concordia turnovers, the Vees offense decimated the Concordia defense for much of the game. Maintaining a comfortable ten point advantage for much of the half, the Vees made a final push to close out the half leading 49-33.

The second half continued in much the same way as the first. The Vees even managed to push their lead to thirty points before the Stingers could rally and trim the margin to 19 points.

True to form, Kevin Hurley was a formidable force both inside and outside the three point line. He led the Vees in scoring with 18 points. It was for this stellar performance that Hurley was named Molson's athlete of the game for the Vees. Gus Gymnopoulos received the honour for the Stingers.

Hockey Vees Come Short

by Steve Proceviat

Staff Writer

On Saturday, January 11, the Waterloo Warriors made the long trek north to face off against our own Laurentian hockey Hype (oops, I meant Vees. Sorry!). After facing what could be described, at best, as a fairly disinterested Laurentian team, the Warriors left with smiles on their faces and a win in their pockets.

Not to harp on the Vees, as they did keep the game close (the score was 4-3), but this was a game they could have, and should have, won. Even with their ho-hum, "who cares" manner of play, they were competitive right to the end. Imagine if they had actually been interested in winning. Wow! It would have been a blowout.

Anyway, goal scorers for the Vees were Jordan Scruton, Pat Armatage and Kiley Hill (who, by the way, was awarded a 9.5 by the fans sitting near this report for the wonderfully artistic dive he took in the latter stages of the second period. Keep in mind that these were Laurentian fans). There were a few glorious chances handed to the Vees during the third period in their attempt to tie the score, but a combination of bad luck and stone hands mitigated against them.

Now, please pardon my opinion, but it seems necessary to point out that this was supposedly THE year. This was the year the Vees were going to kick some butt and blow everybody away. Well, they had better start pretty soon, because the season is getting on and there is yet to be any butt-kicking done. The weak sisters of the league are not a problem for the Vees, but the stronger teams have regularly defeated them. So far the Vees have only played mediocre-type teams. That may be good enough to keep their heads above water, but not good enough to even come close to reaching the top of the pile. God knows they have enough talent. They just have to use it in a more productive manner than they have up to this point. And they had better get a move on.

Mixed Results for Basketball Vees

by Bob Harvey

Staff Writer

Sunday afternoon was filled with action as the Laurentian Voyageurs and Lady Vees battled the McGill Redmen and Martlets.

Spectators flooded the stands and fidgeted with anticipation as they watched the mighty Voyageurs run through their pre-game warm-up drills. Having defeated Concordia on Friday, the Voyageurs exuded an aura of unbreakable self-confidence. They knew this game was theirs. When the clock struck 1:00pm, the ball went up, and it was L.U. all the way.

Laurentian's Ted Dongelmans dominated the boards throughout the game, towering over the Redmen and forcing them to scavenge stray balls. Shawn Swords had very little problem penetrating McGill's defense, and dazzled spectators with his usual assortment of amazing offense and fiery defense. At the half-time buzzer it was 40-21 in Laurentian's favour.

The second half proved to be as devastating as the first for the weary-eyed Redmen. The spectators were blown away by an incredible jam by Roan Biggs. It's great to see this big man show his stuff. Kevin "Flash" Gordon capitalized on a turnover and produced a beautiful jam. This guy is a definite crowd pleaser. The second half of the game meant court time for all as Coach Peter Campbell fully utilized his bench to lead the Voyageurs to an 84-50 victory over McGill.

After a short break, the spectators filed back in to watch the Lady Vees ward off an attack from the McGill Martlets. Nervous whispers spread through the crowd when it was observed that Laurentian's Joy McNichol was not going to be playing. The Lady Vees sensation had suffered an injury during Friday's game against Concordia. Without her, the Lady Vees took to the court and did an excellent job against the 5th ranked Martlets.

Right from the start, it was apparent that the Martlets had earned their rank as they dominated the Lady Vees. Laurentian's Katie Malone did an outstanding job in scoring against the Martlets seemingly impenetrable defense.

Half-time spectators were again dazzled by the well-designed dance routines of the Laurentian Dance Squad.

The second half was like manic depression as the Lady Vees consistently narrowed the scoring gap to within a few points, only to have it widened again by the Martlets. Stephanie Desutter managed to nail some amazing buckets and pull quite a few strays off of the boards. This game was both sad and inspirational with the Lady Vees losing but putting up one hell of a fight.

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All's Not Rosy in Baseball

by Pat McLean
Contributor

I'm sure every baseball fan felt like all the problems were solved when the new labour deal was signed recently. On the surface it looks very good. A 5 year contract, revenue sharing, luxury tax. . . everything that is wrong with the sport will be fixed. Of course, deep down it is not so perfect.

Don't get me wrong. I'm happy that there shouldn't be another strike or lockout for 5 years. With the collective bargaining agreement (CBA), the players don't even have to go to court to stick to previous principles. But everyone is making this out to be the saving grace for baseball when it is not.

Let's start with the owners. I think these guys are the world's stupidest rich men. They have a chance to pass this deal, but vote against it because their "leader", Chicago White Sox owner Jerry Reinsdorf, says so. Only after he signs Albert Belle for \$52.5 million do they realize he has been leading them on the whole time. I thought it was interesting that within 24 hours of the Belle signing this CBA was ratified. There are so many different factions in the owners group that each owner books his own board room whenever they meet.

A good strong leader would be able to overcome that. He would give direction to this group and provide them with the vision they need to make it through the tough times.

Once they wise up and get rid of Bud Selig, they might be able to find someone with the aforementioned qualities. Selig is nothing but a stooge for the owners, which is what the commissioner's office is anyway in its present form. Unless the players have some say in who is commissioner, he will never be anything more than the owners' puppet.

Another part of this deal that some people like is revenue sharing. I am still trying to figure out what is so good about it, and the teams seem to be helping me.

I will use the Montreal Expos as an example. They seem to be the most maligned team in some people's eyes, and, therefore, they will benefit the most. At last report, they would be receiving approximately \$6 million - just for waking up. So where is the big free agent they can now sign? Wasn't that their problem? Can't they sign a free agent or keep their own? Mel Rojas would have been a good start.

I personally think revenue sharing is a sham for a couple of reasons. One, it rewards mediocrity. I hear everyone say that Montreal fans can now keep good players together. What fans? At home the last weekend of the season against Atlanta, with a shot at the playoffs, and they can't draw 35,000? I don't ever want to hear those fans cry about anything. The Expos should move to a city that will support them. Secondly, when you buy a team that's in Chicago, you pay more than for a team in Milwaukee. Why would you pay a premium if some smaller team is going to take \$5 million out of your pocket "because it's fair?" If things were fair, you wouldn't have paid the higher price for your team.

If there needs to be revenue

sharing, do it like the NHL is doing to overcome the Canadian dollar. If you reach a certain season ticket level, then you can get the money. It's still revenue sharing, but at least the teams have to work for it.

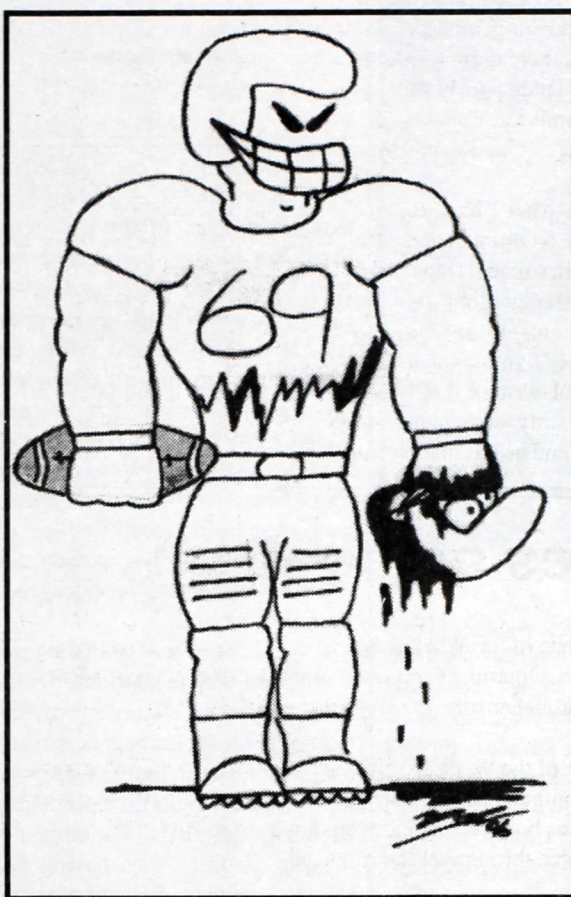
The biggest problem I have, though, is that the players are being asked to help the owners overcome themselves, and they are acquiescing. The owners say the salary structure is out of control and that the players need to stop. According to the owners, the players are greedy selfish jerks who care only about dollar signs. I know there are some jerks in the game, and a few only care about money. But if I remember, it was the owners who offered these ridiculous contracts, or at least signed their names to them.

Knowledgeable fans will say there was the collusion ruling against the owners, but they had a blatant pact not to sign any free agents. That is illegal in any business. But who in the world thinks Roger Clemens is worth \$8 million a year? (I don't want to hear "No man is worth. . ." Supply and Demand. Take economics 101 and then we'll talk.) Barry Bonds is worth his money. So is Greg Maddux. Clemens had a good night against my Tigers (20 strikeouts), but he is not the best pitcher in the game.

Who's problem is that? The Blue Jays owner should not have been so crazy as to pay him that much. Clemens is not at fault. Everybody reading this would accept that offer in a second. If the Blue Jays owner thinks someone else might have gotten him, well, so what? The guy has one good year left, maybe, and I don't think he has it in him to pitch like the highest paid pitcher. Let the other guy suffer. Put that money into a more shrewd investment, like player development, or a lower-key free agent.

The owners got themselves into this mess, and there is no reason why the players should have to bail them out. The players are the reason the fans watch the game, and if the owners are stupid enough to sign these ridiculous contracts, well. . . you made your bed, now you'll have to sleep in it.

Honsing and Mike The Way it is in Cheesetown!!!!!!



by Honsing Leung and Mike LeBlanc

Columnists

Honsing

"You Can't stop them, you can only hope to contain them" was something my roommate mentioned as I was writing this article. I don't know who coined the phrase originally so go ahead and sue, whoever you are! The Cheesheads of Green Bay and yours truly watched this past Sunday as the Pack rolled all over the Carolina Panthers 30-13. They now head to the big dance on January 26th to face the New England Patriots, but it is just a formality before the trophy heads back to the shrine at Lambeau. What a year it has been for the Packers as they compiled a 13-3 record in the regular season. This gave them homefield advantage as they put their 9-0 home playoff record overall (going in) on the line. But when the weather is cold and the Pack are a runnin', nothing can stop them and that was proven. Two-time MVP Brett Favre looks great and not taking pain killers had him throwing more TD passes this year than last. Think about that Brett. For Reggie White, the all-world D-lineman, I can say nothing but the word "Immortal!" I have been a Pack fan since Gr. 7 (honest, call my friends from high school, they'll vouch for me, GO R.H. KING!) and I don't think I've ever been more excited than last Sunday to see them get to the Superbowl after all the hard work through the years and losing all to games to Dallas. But no more!!! Cowboys are addicts and the Pack will be drinking champagne in two weeks.

On an ending note, I want to applaud the remarks of Don Cherry on Coach's Corner a few weeks back. Nothing like this should ever happen and hopefully this will wake up a few people in Canadian Hockey.

Mike

Well, I really hate to admit this, but it seems as though Honsing's dream will become a reality and the Pack will be NFL Champs. The AFC, which is somehow forced to send a lamb to the slaughter (some kind of technicality), has finally chosen the Patriots. Since I could only see the Pats winning a close game, and we all know that'll never happen in a Superbowl, I guess the Packers will take it big (I'm talking by 30-40 points).

Have I been the only one to notice the amount of serious injuries to NHL players recently (probably not). Many theories have been tossed out to explain this phenomenon, from bad ice to small rinks. To me, it seems like the NHL should do something about this and fast because the Avalanche may be able to keep winning without Sakic and Forsberg, but I guarantee you that attendance in the arenas they play in will be reduced in a big way. Of course there are others who have gone down: Eric Lindros (the best there is, the best there was and the best there ever will be), Pat Lafontaine (who may never play again), Saku Koivu, Wendal Clark and numerous others. We also have Mario Lemieux, who whines about anything that will get him more points. The league really needs to step in and cut down dirty hits, insure quality ice and maybe even open up the ice surface. I, more than anybody else, love to see somebody flatten a guy with a bone-crushing hit, but with the size of players these days a couple extra feet on the ice would make the game more exciting and safer. For those wondering, I could say that this article is being done in the interest of hockey, but that would be a lie. I am just sick and tired of seeing players in my hockey pools going down for 4-6 weeks (Koivu) and it's killing me. So, if the NHL is reading (HA! HA!), please do something about this since pool money seems to be my main source of revenue these days. Most SPAD people can vouch for that, once again HA! HA!

Like Honsing, I would like to congratulate Sheldon Kennedy and the other player who helped put away Graham James and I know that if our house had a chance to vote, Sheldon would be a shoo-in for the Masterson trophy. He has shown true courage. 'Til next week.

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Nordic Vees Put in a Terrific Showing at Season Opener



by Bronwen Davies
Staff Writer

The Nordic Vees competed in Huntsville last weekend (Jan. 11 and 12) at Arrowhead Provincial Park. After training on the Sudbury ice fields the week before, the team was happy to find lots of fresh snow down south.

After several hundred high school students raced on Saturday morning, it was time for the Universities to show their stuff. The women competed in a 5km freestyle (skating) race with over 60 athletes. Diane Carlsson was the top L.U. skier, placing 4th in a time of 12:22. Ottawa rookie Megan Cumming blew the field away, placing 10th with a time of 13:12. Carol Cox (after missing her start) placed 14th with a time of 13:34. Laura Hubbard from Bright finished 17th in a time of 13:36. Bronwen Davies ended up 25th, finishing in a time of 14:31 (after missing her start by 2:45).

Tim Heale led the men's team with his 4th place, 21:15 finish in their 10km race. James Ans was hot on his heels, finishing 5th with a time of 21:16. Rookie Kristian Bischoff, from Sudbury, was 39th in the field of over 80 competitors with a time of 24:07.

The teams had less than an hour to recover before they were back on the course for the relay event. Competing for the women's "A" team were Megan Cumming, Carol Cox and Diane Carlsson. They placed 2nd in the 3 X 3.5km relay after Carleton University. The men's "A" team consisted of James Ans, Ben Stevenson and Tim Heale. The men finished the 3 X 5 km race in 5th place.

On Sunday, the Vees competed in the classical technique. In the women's 10 km event, Bronwen Davies placed 3rd, followed by Diane Carlsson, Laura Hubbard, Carol Cox and Megan Cumming.

The men were led in their 15 km event by Tim Heale, who placed 3rd. He was followed by James Ans, Ben Stevenson and Kristian Bischoff.

Coach Dave Battison commented that the weekend had its ups (2 bronze medals and a silver relay finish) and its downs (2 missed starts and some general confusion with results). "Overall," Battison said, "the week-end was excellent." James Ans put in his 2 best performances since his "comeback" last season. Ans has recently obtained a generous sponsorship from the Exel / Peltonen ski company and is skiing very well.

The Varsity team would like to thank Don Longorini and the Outside Store for their excellent sponsorship and ongoing support. Stay tuned next week to hear how the Vees do when they race in Ottawa at the Eastern Canadian Ski Championships.

Women Rise Up, Men Lie Down

by Phillip Hadley
Staff Writer

Our Aqua Vees traveled to Toronto over the week-end for their first competition of the new year. From the coaches perspective and from viewing the scoreboard, it was easy to see which team stood up to the test, and which backed down. On Friday night Laurentian overpowered the York Yeomen; the women winning every event and the men all but one. Against the much more formidable UofT Blues; the men's team were handed their first loss of the season 95-63. The women dug down deeper to score 73 points against Toronto's 95.

Our men went in to the meet undefeated and second only to the Blue's in the OUAA conference. The ensuing battle should have been much closer and harder fought than what took place. As assistant coach Jamie Bretzlaff indicated. 'We were not looking for fast times, having just returned from a difficult training camp. What we were looking for was mental toughness, fighting tooth and nail for each point no matter how fatigued the swimmer or difficult the race. We did not see this.' The coaches counted seven races which were lost by 8/10ths of a second or less and then they stopped counting. Too many of the men did not push through the mental barrier. They did not ignore the hurt and pain, racing with every ounce of strength they had left to beat the guy next to him. Too many of the men let the physical fatigue of the camp affect them mentally. Very few thought to themselves, "Toronto is hurting just as much as us, therefore

the playing field is level.' Hopefully many of the rookie swimmers learned (and the veterans were reminded) that no matter how tired you are, you must get up on the blocks with a winning attitude every time. With the OUAA Championships just around the corner, it is a lesson that must be learned quickly. The Aqua Vees have one last chance to prove themselves as they leave for races against Laurier tomorrow.

Swims weren't all bad on the men's team though as veterans Bill Dewland, Brad Johnson and Jason Wicke provided examples of racing when tired. Billy lead the team with a first in the 200m breaststroke, and a second in the 800m freestyle. Bradley earned a second in the 100m freestyle and anchored the 4x50m freestyle relay, which set both a meet and team record (along with Aaron Garreau, Fai Yong and Dave Clarke). Jason Wicke, having just been declared eligible to compete, showed all that he is willing to race fast and contribute positively to the team with two second place finishes in the 200m freestyle and butterfly.

Saving the best for last, we have the women's story. Our Lady Vees have struggled this year to come together as a team full of spirit. Perhaps this past week-end may serve as a rallying point as they head into the OWIAA championships in February.

On Friday against the York Yeomen, besides winning every event, coach Jennifer Campbell was most impressed with the performances of our rookies. Naomi Wright, Angela Nussy, Margret Escamilla and Carey Rybiak, all had just returned from their first training camp. The coaches were not looking for stellar performances, yet the

women as a whole, and the rookies in particular, dug down for some personal bests and took the opportunity to race at each occasion.

On Saturday it was time for the veterans to run with the torch which the rookies had lit on fire a day earlier. Andrea Nicholls took first in the 800m freestyle, Cynthia Vincze grabbed first in the 100m free and team Captain Angela Lilly wrestled away two second place finishes from her Toronto counterparts in the 200m I.M. and backstroke.

The larger and more profound picture here is the women's team coming together as a unit, as a collective body supporting one another on the pool deck. This, more than anything, was what Jen Campbell was most pleased with. Unlike basketball, volleyball or soccer, swimming is not strictly a team sport. We swim as individuals and score points as a team. In order to win meets, we have to be a team. Even though the women did not win their dual meet against the Blue's, the score of 95-73 was a great surprise to all. Our women earned some respect this week-end from U. of T. and will earn even more as the score makes their way onto the desks of every Canadian coach. We, and the rest of the country, now know that the Laurentian Voyageur women plan on loading up their canoes with points and medals at next months OWIAA champs in Guelph.

This week-end the women do battle against the favored Laurier team. However, if anything has been learned from this week-end, we know the women will not lie down and be trampled.

On a team note: Brandon, we are all glad you remained unscathed after your ordeal in the hotel elevator.

Lady Vees Defeat Concordia Stingers

by Julie Dion
Contributor

The Lady Vees defeated the Concordia Stingers of Montreal on Friday night in the Ben Avery Gym. The Vees started out strong with Stephanie Harrison scoring the first point of the game. The Vees suffered a major blow only two minutes into the game when their star player, Joy McNichol, separated her right shoulder while battling for the ball. This is the same injury that caused McNichol to miss the latter half of last season. Laurentian lost their initial momentum and were trailing the stingers towards the end of the half. The Lady Vees battled back and tied Concordia 38 - 38 with less than 20 seconds left in the first half.

The Vees came out in full force in the second half. Concordia; however, continued to pour on the heat. With less than four minutes the score was 62 - 57 for Laurentian. Thanks to a few fouls on Katie Malone the gap was widened due to her consistency from the free throw line. The final score was 74 - 62. Stephanie Harrison was Laurentian's MVP of the game. Harrison scored 18 points while Malone followed with 14 points.

Acting Head Coach, Shirlene McLean, stated that the Lady Vees "started out well. They had a lot of intensity and established their game plan." McLean felt that the Vees lost momentum towards the middle of the first half and that Concordia took advantage of that. McLean added that "good teams have to battle back. We wanted to be back in a winning position before the end of the half."

Coach McLean felt that the team responded well to McNichol's absence in the second half. "Joy will be in rehabilitation. We have a big hole to fill (due to her absence). The team will have to step up. They will have to work collectively to fill the hole," McLean said.

Despite her injury, McNichol was in good spirits. "I'm proud of the team," she said, "they're playing well." McNichol hopes to be back soon, as she believes the team has a good chance of winning the Provincials and of advancing to the Nationals. Laurentian is currently ranked eighth in the nation and is 4 and 1 in league play. Laurentian will face McGill, the third ranked team, on Sunday.



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